



RUNCORN POOL

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-------------------------|------------------|------------------|-------------------------|------------------|------------------|--------|
| 07:00 AM | | | | | | City Aqua Indoor | |
| 08:00 AM | City Aqua Indoor | | City Aqua Indoor | | City Aqua Indoor | | |
| 09:00 AM | | | | | | | |
| 01:00 PM | Active and Healthy Aqua | | | Active and Healthy Aqua | | | |
| 06:15 PM | City Aqua Indoor | | | | | | |
| 06:30 PM | | City Aqua Indoor | | | | | |



Please note scheduled classes are subject to change.
To ensure class times are correct please contact us on **1300 332 583**

CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

City Aqua Indoor

This is our signature aqua session, the best of both worlds. The calorie burning benefits of group exercise with the therapeutic properties of water, Using minimum impact movements, you'll develop strength and fitness in a fun environment. Session is completed in our indoor pool all year round.

Active and Healthy Aqua

The calorie burning benefits of group exercise with the therapeutic properties of water, Using minimum impact movements, you'll develop strength and fitness in a fun environment.