



RUNCORN POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 AM		Squad Swim Fit		Squad Swim Fit			
07:00 AM						Aqua Aerobics	
08:00 AM	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics	Deep Water Running	
10:30 AM						Aqua Aerobics	
06:00 PM		Squad Swim Fit		Squad Swim Fit			
06:15 PM	Aqua Aerobics	Aqua Pilates	Aqua Aerobics				



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!

Squad Swim Fit

An adult swimming session for those interested in improving their swim technique and increasing their fitness levels.

Aqua Aerobics

This class is very easy!!!

Deep Water Running

A great, low impact cardiovascular workout. Using a buoyancy belt in deep water. Deep Water Running is the perfect choice for those with injuries or limitations. It's a 45 minute class suitable for all abilities as long as you are confident in deep water.

Aqua Pilates

Pilates develops core stability and strength, toning the body. It also helps improve your flexibility and overall energy levels. Great for all fitness levels and swimming ability.