

TSB Pool Complex | Group Fitness Timetable | May 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Spin Bikes 9.30- 10.30am		Aqua Aerobics 9.30 - 10.30am		Aqua Pump 9.30 - 10.30am		Aqua Aerobics 9.30 - 10.30am		Spin Bikes 9:30 - 10:30am		Spin Bikes 9.15 - 10.15am
			Wai Play* 9.30 - 10.30am		Wai Play* 9.30 - 10.30am		Wai Play* 9.30 - 10.30am				
			Aqua Tabata 6:30-7:30am				Spin Bikes 6.30 - 7.30pm				

CLASS REQUIREMENTS:

Due to the current COVID -19 situation, **ALL classes require a booking**. Please visit the Stratford District Council Website to book a space.

Please make sure that you sign in using the QR code provided and you are also encouraged to please wear a face covering when around the pool. Face coverings are not necessary when in the water.

For health and safety reasons you must wear aqua shoes or clean runners during our Spin Bike classes. These are not provided. All classes are subject to short notice cancellations. All updates are posted to our Facebook Page.

CLASS TYPES:

Aqua Aerobics	This is a 1-hour resistance and cardio workout. This class is gentle on joints while making you work harder as water has greater resistance than air. This is a great exercise for strengthening and toning muscle.
Aqua Pump	This is a 1-hour cardio based workout, which uses High Intensity Interval Training (HIIT) principles to help burn calories.
Aqua Tabata	Aqua Tabata is a high intensity interval workout. High intensity workouts are a great option to work a wider range of muscle groups than a tradition cardio work out. Aqua Tabata assists with burning fat by increasing the body's Basal Metabolic Rate (BMR).
Spin Bikes	This is a fun, in-water cardio workout using our Hydro rider Aqua Bikes. We create a cardio workout different to that of just biking on the open road or running. Shoes are necessary.
Wai Play*	Wai Play is a Casual Parent and Child water play session that supports and builds water confidence. *Wai play only runs during term time.

COST

Casual Adult	\$8.00
Casual Child/Senior	\$6.50
10x Concession Adult	\$70.00
10x Concession Child/Senior	\$55.00
Longer Memberships available	Ask staff

CONTACT US

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Facebook: TSB Pool Complex

If you have any questions, please don't hesitate to contact us.

