

Baywave Aquatic – Corner Girven Road & Gloucester Rd | 07 577 8551

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00 - 8.40AM	 AQUA FIT	 AQUA BLAST	 AQUA BLAST	 AQUA BLAST	 AQUA FIT	
8.15 - 9.00AM						 AQUA BLAST
8.45 - 9.25AM *Additional class	 AQUA BLAST	 AQUA FIT	 AQUA FIT	 AQUA FIT	 AQUA BLAST	
9.30 – 10.15AM	 AQUA DEEP		 AQUA DEEP		 AQUA DEEP	
1.30 - 2.10PM		 AQUA FIT				
1.40 - 2.20PM				 AQUA FIT		

Please note: Aqua group classes do not run on public holidays.

*Due to popular demand of the morning aquafit classes, the 8.45am class is to cater for the additional customers who did not attend the 8am class. You may choose to attend one or the other but are not permitted to attend both back-to-back. Thank you for cooperation.

CURRENT CLASSES

Reach your fitness goals faster and safer with aqua workouts.

AQUA – FIT *Low impact | Medium intensity*

Full body workout designed to increase your strength, fitness, and mobility. This class usually begins with cardio follow up with strength and finish is with full body stretch. Different types of dumbbells will be available for you.

AQUA – BLAST *Low impact | Medium - high intensity*

High intensity shallow water exercises, challenging, yet fun. Cardio, strength, flexibility - this class has it all. You will be using dumbbells and resistance band for cardiovascular endurance and tone muscles.

AQUA – DEEP *Low Impact | High intensity*

These classes bring additional swimming element and make for a more intense workout. You'll burn more calories as for this class you will need to be a confident swimmer. Dumbbells, noodle and for those who like extra support belt is available.