



# SPRING HILL BATHS

|          | Monday        | Tuesday | Wednesday | Thursday | Friday        | Saturday | Sunday |
|----------|---------------|---------|-----------|----------|---------------|----------|--------|
| 09:30 AM | Aqua Aerobics |         |           |          | 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!

### Aqua Aerobics

Aqua Aerobics is performed in shallower, waist depth water, and is a challenging but fun class for all fitness levels. This resistance training class is an aerobic exercise that focuses on endurance and resistance training, in a fun and enjoyable environment.