









HOLIDAY TIMETABLE

Date/ Opening Hours	18 DEC 6AM - 9PM	19 DEC 6AM - 9PM	20 DEC 6AM - 9PM	21 DEC 6AM - 9PM	22 DEC 6AM - 9PM	23 DEC 7AM - 7PM	24 DEC 7AM - 7PM
8:00 AM	ACTIVE GOLD		AQUA FIT		ABS & STRETCH		
9:00 AM	AQUA FIT				AQUA FIT		
10:00 AM	DEEP AQUA				DEEP AQUA	DEEP AQUA	
12:15 PM		WARM AQUA			WARM AQUA		
7:00 PM	AQUA FIT	AQUA FIT					

Date/ Opening Hours	25 DEC CLOSED	26 DEC CLOSED	27 DEC 7AM - 8PM	28 DEC 7AM - 7PM	29 DEC 7AM - 7PM	30 DEC 7AM - 7PM	31 DEC 7AM - 5:30PM
8:00 AM	CLOSED		AQUA FIT		ABS & STRETCH		
9:00 AM					AQUA FIT		
10:00 AM					DEEP AQUA	DEEP AQUA	
12:15 PM					WARM AQUA		
7:00 PM							

Date/ Opening Hours	1 JAN 9:30AM - 8PM	2 JAN 6AM - 9PM	3 JAN 6AM - 9PM	4 JAN 6AM - 9PM	5 JAN 6AM - 9PM	6 JAN 7AM - 7PM	7 JAN 7AM - 7PM
8:00 AM			AQUA FIT		ABS & STRETCH		
9:00 AM					AQUA FIT		
10:00 AM					DEEP AQUA	DEEP AQUA	
12:15 PM		WARM AQUA			WARM AQUA		
7:00 PM		AQUA FIT					

CLASS DESCRIPTIONS

Aqua fit (45 mins) - an impact-free class designed to improve balance, agility, posture, flexibility and core strength. These entry-level classes introduce beginners to base moves and fitness-development activities in the water in a safe, supportive, and inclusive environment.

Deep Aqua (45 mins) - a full body workout, combining cardiovascular, muscle conditioning and interval training from the deep end with buoyancy belts . Suited for experienced participants to improve range of motion.

Warm Aqua (45 mins) - a warm water class designed to improve muscular strength, cardiovascular fitness and flexibility in an environment that has minimal impact on the joints.

Aqua Zumba (45 mins) - a pool party you shouldn't miss! With less impact on your joints, you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Abs & Stretch (45 mins) - a class designed to work your abs and stretch the body. Get ready to feel a burn like no other! Suitable for all fitness levels.

Zumba (60 mins) - Zumba is a fitness program that combines Latin and international music with dance moves. We incorporate interval training alternating fast and slow rhythms and resistance training.

Active Gold (60 mins) - Perfect for older adults who are looking for a modified class that recreates the original moves you love at a lower intensity, focusing on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

EVERY JOURNEY HAS A BEGINNING

BEGIN

BOOK IN WITH A
**TRAINER
TODAY**