

# ARE YOU LOOKING FOR FUN AND FITNESS?

Our group exercise program offers such a variety of sessions, sure to find something that ticks all the boxes!

- CLASSES ON 6 DAYS A WEEK
- HEATED POOLS
- FRIENDLY ENVIRONMENT
- ALL ABILITIES
- QUALIFIED INSTRUCTORS

## MARYBOROUGH AQUATIC CENTRE

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# JUMP RIGHT IN! GROUP FITNESS



MARYBOROUGH  
AQUATIC CENTRE



## ENTRY FEES

SINGLE	CASUAL INCLUDING ENTRY	CASUAL EXCLUDING ENTRY
Adult (16+)	\$11.00	\$6.00
Concession	\$8.20	\$4.50

ADULT PASS	10 VISIT	26 VISIT	52 VISIT	125 VISIT	250 VISIT
Adult (16+)	\$99	\$219	\$342	\$514	\$1200
Concession	\$72	\$160	\$250	\$375	\$876
Valid for (Months)	12	12	12	12	12



## SUMMER TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT
7am	Aqua Aerobics	Deep Water	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	
8am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Deep Water	Aqua Aerobics	
9am						Aqua Aerobics
5.15pm	Functional Fitness		Circuit		Circuit	
6.15pm	Circuit		Functional Fitness		Flexi Fit	

## WINTER TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT
8am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	
5.15pm	Functional Fitness		Circuit		Circuit	
6.15pm	Circuit		Functional Fitness		Flexi Fit	

Programs are subject to change and can occur without notice. Our friendly staff at Maryborough Aquatic Centre will endeavour to notify of any changes impacting our Group Fitness classes as soon as practicable.



# CLASSES

### AQUA AEROBICS

Water based, total body workout catering for all abilities, Aqua Aerobics consists of fun, easy to follow movements supported by music. A low impact option for cardiovascular fitness, flexibility and strength development, Aqua Aerobics is performed in chest deep water, so no swimming experience is required.

### DEEP WATER (AQUA AEROBICS)

While Deep Water Aerobics has a low impact on your joints, it has a higher impact on your cardiovascular system. You may wear a floatation support in the water, or maximise your workout by relying on your own ability to stay afloat as you perform the Deep Water Aerobic Routine.

### FUNCTIONAL FITNESS

Build strength and balance for your daily life with this intense full body session. Focusing on practical movements and exercises, improve aerobic and anaerobic performance, and increase your metabolic rate, all while making everyday tasks easier.

### CIRCUIT

A mix of strength and cardio, move between stations and exercises for a total body workout. Circuit utilises a combination of bodyweight exercises, as well as equipment such as free weights, machines and much more to burn body fat and improve all round strength and fitness!

### FLEXI FIT

A combination of low - no impact stationary exercises paired with gentle dynamic and static stretching and joint mobilisation. Increase your flexibility and recovery while developing core strength, balance, and stability.

### BOX FIT

Increase your hand eye coordination whilst relieving built up stress with this high energy boxing fitness class. Consisting of pad work, shadow boxing, cardio, and core strengthening, you will be sure to see an improvement in speed, balance and endurance.