

HBF Stadium Group Fitness Aqua

Water supports 50% of your body weight so less stress is placed on your joints, making it ideal for all fitness levels, pregnancy and rehabilitating exercisers.

While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system.

Aqua Fitness classes are performed in deep water with Aqua belts and focus on increasing and maintaining fitness and strength with the option of using our aqua equipment such as noodles, dumbbells and discs to add extra resistance. This fitness challenge demands higher activation of core muscles, postural alignment and muscular endurance. This workout will leave you fit, strong and more energised.

Aqua aerobic classes are included in all of our Gym Memberships or you can choose to pay as you go.

PRICING INFORMATION (/GYM/MEMBERSHIPS/)

For more information about our aqua aerobics classes, please complete the online form below.

Morning classes

- Fit Club friendly classes

Monday 3/8	Tuesday 4/8	Wednesday 5/8	Thursday 6/8	Friday 7/8	Saturday 8/8	Sunday 9/8
8:30am - 9:15am Aqua Fitness Aquatic Centre	8:30am - 9:15am Aqua Fitness Aquatic Centre	8:30am - 9:15am Aqua Fitness Aquatic Centre	8:30am - 9:15am Aqua Fitness Aquatic Centre	6:00am - 6:45am Aqua Fitness Aquatic Centre	8:30am - 9:15am Aqua Fitness Aquatic Centre	8:30am - 9:15am Aqua Fitness Aquatic Centre
9:30am - 10:15am Aqua Fitness Aquatic Centre	9:30am - 10:15am Aqua Fitness Aquatic Centre	9:30am - 10:15am Aqua Fitness Aquatic Centre	9:30am - 10:15am Aqua Fitness Aquatic Centre	8:30am - 9:15am Aqua Fitness Aquatic Centre	9:30am - 10:15am Aqua Fitness Aquatic Centre	9:30am - 10:15am Aqua Fitness Aquatic Centre
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Afternoon / Evening classes

- Fit Club friendly classes

Monday 3/8	Tuesday 4/8	Wednesday 5/8	Thursday 6/8	Friday 7/8	Saturday 8/8	Sunday 9/8
7:15pm - 8:00pm Aqua Aquatic Centre		7:15pm - 8:00pm Aqua Fitness Aquatic Centre				