











LIMITED SPACES AVAILABLE!

PLEASE BOOK IN AT RECEPTION OR CALL 6494 3100

LAND BASED CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM					 GYM FIT
9:30AM		 CIRCUIT			
10:30AM	 PILATES		 PILATES		
4:00PM		 TEEN FIT 13 TH Feb - 9 TH April			

POOL BASED CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM	 AQUA FIT	 AQUA FIT	 AQUA FIT	 AQUA LITE	 AQUA FIT
10:15AM			 AQUA LITE		
11:30AM					 AQUA LITE
6:00PM				 AQUA FIT	

Each Monday bookings open for the following week.





Casual Prices - \$16.50 per adult, \$14.00 concession.

See us at reception for membership options.



A waitlist is in operation – If you cannot make it to a class please call and cancel so we can contact someone to take your place.

PLEASE TURN OVER FOR MORE INFORMATION

LAND BASED CLASSES

 PILATES	<p>Grab your exercise mat and hit the floor. This 55-minute class will help you work on flexibility, core strength, balance and postural alignment. Suitable for all ages, a great way to unwind while working out.</p>
 CIRCUIT	<p>55-minute circuit training class to promote body conditioning that involves cardio training, resistance training and functional body weight exercises. Suitable for all ages targeting strength building and muscular endurance.</p>
 GYM FIT	<p>Incorporates the five components of fitness: Strength, Cardio, Coordination, Balance and Flexibility. This class is designed to improve overall functional fitness, give confidence using gym equipment while being challenging and providing a full body workout for all fitness levels.</p>
 TEEN FIT	<p>Tuesday 13th February to Tuesday 9th April One hour circuit training for teens from the age of 12yrs – 19yrs (must be turning 13 within the year). The aim is to improve overall fitness using cardio, body weight and resistance training. 9 week term \$112.50 Active vouchers accepted with a term booking only. Casual Bookings \$14.00 Teens aged 12 – 15yrs need guardian consent to participate. Forms can be found online at https://sapphireaquatic.com.au/group-fitness/</p>

POOL BASED CLASSES

 AQUA FIT	<p>50 minutes of Aqua Fitness in our 25 Metre Pool. (Temperature -27.7C) This high energy class uses water resistance equipment getting your heart rate up to ensure you get a great workout with minimal impact/strain on the body's joints.</p>
 AQUA LITE	<p>50 minutes of Aqua Lite in the Multi-Purpose Pool (temperature-30.6C) This class targets exercises for those who are looking for a low impact and low intensity workout. Combining cardio, strength and mobility exercises using dumbbells and noodles, it's a fun and healthy workout.</p>

SAPPHIRE AQUATIC CENTRE

Address: 190 Pambula Beach Road, Pambula Beach.

Phone: 6494 3100

Website: www.sapphireaquatic.com.au

Facebook: <https://www.facebook.com/sapphireaquaticcentreBVSC>