# 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 an enjoyable environment.