



SPRING HILL BATHS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 AM	Aqua Tabata		City Aqua Outdoor		City Aqua Outdoor		
05:30 PM		City Aqua Outdoor		Aqua Tabata			



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!

City Aqua Outdoor

This is our signature aqua session, the best of both worlds as our outdoor pools offer a shallow end and a deep end where you can pick what level suits you. Using minimum impact movements, you'll develop strength and fitness in a fun environment.

Aqua Tabata

Aqua Tabata is one of our most effective interval training classes that consists of high intensity interval training. This class is held in the pool and is made up of a variety of simple, yet intense exercises, which allows you to blast away the calories, and achieve your fitness goals.