



**Macedon
Ranges**
Shire Council

Gisborne
Aquatic Centre

Aqua Aerobics Timetable

Gisborne Aquatic Centre	Mon	Tues	Wed	Thurs	Fri
7.45am				Aqua Fitness Mary	
9:15am		Aqua Zumba Kerry	Aqua Fitness Chrissy		Aqua Fitness Deb/Chrissy
6:30pm	Aqua Fitness Chrissy				

Aquatic classes (Aqua classes are not included in Gym, Gym/Swim or Swim memberships)

Aqua Fitness - a fun, low impact, full-body workout that enhances your cardiovascular health, strength, endurance, posture and flexibility. Use of equipment such as noodles, aqua gloves, dumbbells, kickboards and balls provide great variety. Deep water suspended moves may be included but are optional and only for those participants with swimming confidence. Classes are suitable for individuals of all fitness levels and abilities.

Aqua Zumba – Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

For your own comfort, please ensure you bring along a towel and drink bottle. For membership and casual prices visit mrsc.vic.gov.au/leisure



mrsc.vic.gov.au/leisure



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