



**Macedon  
Ranges**  
Shire Council

**Gisborne**  
Aquatic Centre

# Aqua Aerobics Timetable

Effective 8 Dec 2025

| Gisborne Aquatic Centre | Mon                     | Tues                  | Wed                     | Thurs                | Fri                  |
|-------------------------|-------------------------|-----------------------|-------------------------|----------------------|----------------------|
| 7.45am                  |                         |                       |                         | Aqua Fitness<br>Mary | Aqua Fitness<br>Ruth |
| 9:15am                  |                         | Aqua Fitness<br>Jenny | Aqua Fitness<br>Chrissy |                      |                      |
| 6:45pm                  | Aqua Fitness<br>Chrissy |                       |                         |                      |                      |

**Aquatic classes** (Aqua classes are included in Gym/Swim and Aqua Aerobics memberships only)

**Aqua Fitness** - a 45minute 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.

**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](http://mrsc.vic.gov.au/leisure)**



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