

2019 GRAND PRIX: MSAC AQUATIC GROUP FITNESS TIMETABLE

TUESDAY
12 MARCH

WEDNESDAY
13 MARCH

THURSDAY
14 MARCH

FRIDAY
15 MARCH

SATURDAY
16 MARCH

SUNDAY
17 MARCH

MONDAY
18 MARCH

MORNING CLASSES

7.15		DEEP WATER RUNNING					
8.15			AQUA EXERCISE	AQUA EXERCISE			
10.45	DEEP WATER RUNNING 60MINS						

All classes run for 45 minutes unless otherwise stated. Please ensure you arrive 5 minutes before the class begins. Please obtain a ticket from customer service or the gym desk and hand it to your instructor, prior to the commencement of the class. Times and instructors are subject to change. Membership wristbands must be worn in all classes to identify you as an active member. No entry if wristbands are not worn. If you have any questions or feedback regarding group fitness, please email membershipservices@ssct.com.au

melbournesportscentres.com.au
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For membership enquiries, please email or phone
membershipservices@ssct.com.au | 03 9926 1609



AQUA EXERCISE

Weight bearing, low impact, low resistance, light cardio exercise. Ideal for an individual who is commencing a fitness regime, is undergoing rehabilitation, is pregnant or is senior requiring some resistance training. Classes use a variety of equipment and are conducted in a group environment catering for all levels of fitness. Class duration are 45 minutes, conducted in the 25 metre Lap Pool.

LEVEL OF INTENSITY: LOW/MEDIUM.

DEEP WATER RUNNING

Non weight bearing, low impact, high resistance exercise. A medium level of fitness and good health is required. Conditioning and toning exercises focus on core strength, with high cardio fitness workouts. Classes are conducted in the dive pool, duration 60 minutes.

LEVEL OF INTENSITY: MEDIUM/HIGH.

resistance. Requires a medium level of fitness. Suitable for rehabilitation. Participants are expected to tread water for the entire class with the assistance of buoyancy belts. Resistance equipment is used to tone all areas of the body, focusing on core abdominal area. Class conducted in the dive pool, duration 60 minutes.

LEVEL OF INTENSITY: MEDIUM.

GENTLE MOVEMENT

Weight bearing, low impact exercise to music for people with disabilities, older adults and people returning from injury who are considered unfit. Participants are encouraged to work at their own pace. Class duration 45 minutes, conducted in the Wellness Zone pool.

LEVEL OF INTENSITY: LOW.