

Aqua Fitness Timetable					
Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am					
8:30am		Active Over 50			Aqua Fitness
10:30am					
12.30pm					
5.30pm					
6:30pm				Aqua Fitness	

CLASS NAME	CLASS OVERVIEW
Aqua Fitness	These classes are designed for both fun and fitness and are a low impact workout with a strong cardiovascular component. Dumbbells and noodles may be used for extra resistance.
Active Over 50	These are gentle aqua fitness classes are designed for the over 50s however all participants are welcome.

- Classes are capped for your safety and enjoyment. Please book and arrive early to avoid disappointment as classes start on time and late entry may be refused.
- Book your class online up to 24 hours prior – visit leisure.centralcoast.nsw.gov.au
- All Aqua Fitness classes are \$16.50 per session and \$13.50 concession. 10 visit pass is \$165.00 adult and \$135.00 concession.
- All participants are advised to discuss their exercise plan with a medical practitioner prior to commencing aqua fitness.
- Classes do not run on public holidays and break over the Christmas period. Please see reception for dates.
- Timetable is subject to change without notice. Please follow Gosford Olympic Pool on Facebook or contact reception for the most up to date information.

FiT

For Life

Gosford Olympic Pool

Aqua Fitness Timetable 2024

Central Coast Council

Leisure Centres

centralcoast.nsw.gov.au/leisurecentres

