



Gosford Olympic Pool

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Aqua Fitness Timetable
Winter/Spring 2025



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Aqua Fitness Timetable

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.00am					
8:30am		Active Over 50			Aqua Fitness
10.30am					
12.30am					
6.30pm				Aqua Fitness	

Aqua Fitness Timetable

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.00am					
8:30am		Active Over 50			Aqua Fitness
10.30am					
12.30am					
6.30pm				Aqua Fitness	

Class Name	Class Overview
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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.
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Active Over 50	These are gentle aqua fitness classes are designed for the over 50s however all participants are welcome.
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- 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 \$19.70 per session and \$16.30 concession. 10 visit pass is \$197.00 adult and \$163.00 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.

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