

# Wulanda Group Fitness Classes

## Aqua Class Discription

	Pool Based Classes	Time
<b>Aqua HIIT</b>	Aqua HIIT is a high intensity interval workout, this fast pace class keeps you moving with minimal rest.	45min
<b>Aqua Aerobics</b>	Aqua aerobics is a cardiovascular workout, that slowly increases intensity to get your heart rate up. With variations of every exercise you can either go for a more intense or slower worker out.	45min
<b>Aqua Deep</b>	Aqua deep is an intense cardio workout performed in the 25m pool. The program is designed for those wanting a harder workout without the stress on your joints.	45min
<b>Aqua Gentle</b>	Aqua gentle is a combination of HIIT and aerobics aqua at a slower pace, which allows the opportunity for more resistance against the water. This is a great introduction class for members new to aqua.	45min
<b>Aqua Yoga</b>	Aqua yoga is a yoga practice including pranayama, asanas (poses) and meditation performed in the water. The natural buoyancy of the water supports the body to reduce pain, discomfort and stress on the joints. This low impact and gentle practice will improve range of motion, balance, and will lengthen and strengthen the muscles; creating ease and tranquility throughout the body.	45min
<b>All Abilities Aqua <i>Beyond Barriers</i></b>	All abilities aqua is a fun and inclusive class designed specifically for those living with a disability. The small class allows room for the member to have a support worker or person in the pool with them.	45min

# Aqua Aerobics Classes

Current Timetable - valid from 15 January 2024

Aquatics Hall

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00AM	<b>Aqua Aerobics</b> <i>Warm Water Pool (45)</i>		<b>Aqua HIIT</b> <i>Warm Water Pool (45)</i>		<b>Aqua Aerobics</b> <i>Warm Water Pool (45)</i>		
10:00AM					<b>All Abilities Aqua</b> <i>Warm Water Pool (45)</i>		
10:30AM		<b>Aqua HIIT</b> <i>25m Pool (45)</i>		<b>Aqua HIIT</b> <i>25m Pool (45)</i>			
11:30AM					<b>Aqua Deep</b> <i>25m Pool (45)</i>		
5:15PM	<b>Aqua HIIT</b> <i>Warm Water Pool (45)</i>	<b>Aqua Yoga</b> <i>Warm Water Pool (45)</i>	<b>Aqua HIIT</b> <i>Warm Water Pool (45)</i>	<b>Aqua HIIT</b> <i>Warm Water Pool (45)</i>			
6:15PM		<b>Aqua HIIT</b> <i>Warm Water Pool (45)</i>		<b>Aqua Gentle</b> <i>Warm Water Pool (45)</i>			

\*See Class Guide description for more information on specific classes and their benefits.