



Aqua Classes - Effective from 11th January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 - 7.00am		Aqua Yoga		Aqua Yoga		
6.00 - 6.45am	DWR		DWR		DWR	Aqua Yoga
7.30 - 8.15am						DWR
9.15 - 10.00am		DWR		DWR		
		Mums & Bubs		Mums & Bubs		
9.15 - 10.15am	Aqua		Aqua		Aqua	
10.15 - 11.15am		Aqua		Aqua		
10.15 - 11.00am	DWR		DWR		DWR	
12.00 - 1.00pm	Gentle			Gentle		
5.45 - 6.45pm					Aqua Yoga	
6.00 - 7.00pm	Aqua	Aqua	Aqua	Aqua		

Deep Water Running - DWR (45 minutes)

Non – impact, you can push your boundaries. Great for all rehabilitation. Flotation belts are supplied for classes or they can be purchased.

Aqua Aerobics (Aqua) (1 hour) 25m pool

A fun workout suitable for new participants. Combining strength, muscle endurance and cardio exercises in a high energy class that you're sure to enjoy. 'What you put into it is what you get out of it' 'What you put into it is what you get out of it'.

Gentle Aqua Aerobics (Gentle) (1 hour) 25m pool unless under extreme weather conditions

This is a low impact class that is great for balance, circulation and coordination. Enjoy the social atmosphere without the stress on the joints. Pregnant women welcome.

Mums and Bubs Class (September – April) (45 minutes) 25m pool

This is a great class for all parents/carers that would like to participate in a water base exercise class that include the little one. Babies are placed in a floating carrier (required to bring your own) which allows you to enjoy the benefits of aqua fitness while keeping little ones safe and within arm's reach. Exercising in water is a fantastic way to gain aerobic fitness, tone & tighten muscles as well as increase flexibility and increase range of movement without any contra-indications of land based high impact exercises.

Aqua Yoga 20m pool

Float and stretch your way to wellbeing with a midweek session of classic yoga practices in water. Aqua yoga is a low impact form of exercise that supports the body while still providing a great workout due to the water resistance. Aqua Yoga makes the yoga benefits of relaxed stretches, strengthening, full breathing and mindfulness accessible to all in water. Aqua yoga is easier on your joints (thanks to the buoyancy effect) but more challenging when it comes to balance, due to the movement of the water.

Follow our social media platforms to keep up to date with news, images, specials & important information.

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Yeronga Pool Aqua Classes

Yeronga Park Swimming Complex

Dunlop Park Memorial Swimming Pool

