



Aqua Classes - Effective from 19th April 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am	DWR		DWR		DWR	
7.30am						DWR
9.15am		DWR		DWR		
9.15am	Aqua		Aqua		Aqua	
10.15am	DWR	Aqua	DWR	Aqua	DWR	
12.00pm	Gentle			Gentle		
6.00pm	Aqua	Aqua	Aqua	Aqua		

Deep Water Running - DWR 25m pool

Non – impact, you can push your boundaries. Great for all rehabilitation. Bring your own Floatation belt or they can be purchased at Reception.

Aqua Aerobics (Aqua) 25m pool

A fun workout suitable for all 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'.

Gentle Aqua Aerobics (Gentle) 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.

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

 Yeronga Pool Aqua Classes

 Yerongapool

 Yeronga Park Swimming Complex

 Dunnyparkpool

 Dunlop Park Memorial Swimming Pool

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