

ROCKINGHAM AQUATIC CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6.30am				metafit. #		6.30am
9am		AQUA	AQUA	AQUA		9am
9.15am	HIIT *	BODY WEIGHT TRAINING *	LES MILLS BODYBALANCE	ABS/TABATA *		9.15am
9.30am	AQUA (Dec to end of Feb)				AQUA (Dec to end of Feb)	9.30am
4.15pm	CIRCUIT *		HIIT *			4.15pm
5.45pm		ABS/CIRCUIT *		LES MILLS BODYBALANCE *		5.45pm

Timetable key: # Denotes a 30 minute class * Denotes a 45 minute class

ROCKINGHAM AQUATIC CENTRE

Eligible Aqua Jetty members welcome, please check that your membership type entitles your access prior to attendance.
Casual attendees \$9 per class.

**LES MILLS
BODYBALANCE**

Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

metafit.
BODYWEIGHT TRAINING

The Metafit™ 30 minute bodyweight training system gets results. It is a functional and effective, metabolic workout that will change the way you train. It's a high intensity workout adaptable for all fitness levels and abilities.



rockingham.wa.gov.au



Rockingham
Aquatic Centre

A City of Rockingham Community Facility

CRÈCHE IS NOT AVAILABLE AT THIS FACILITY.

AQUA

Aqua is a shallow water based class that incorporates toning and strengthening exercises for all muscle groups. This class is suitable for all levels as options will be provided.

HIIT

High Intensity Interval Training comprises of short bursts or intense movements, alternated with low-intensity recovery periods. Options will be provided for differing fitness levels.

CIRCUIT

Circuit training incorporates a variety of exercises targeting different muscle groups. A combination of strength and cardio moves will blast fat and sculpt muscle. Options will be provided for differing fitness levels.

ABS/TABATA

Tabata is an alternative style of high intensity interval training, featuring short sharp periods of work and short rest phases. In this class, you will work hard with a cardiovascular focus in the first part of the class, before rounding out your working with core strength and targeted abdominal exercises to finish.

BODY WEIGHT TRAINING

Our Body Weight Training class uses body weight only to build strength and cardiovascular fitness. Learn how to work out anywhere, anytime and get results without equipment. Any fitness level can challenge themselves in these sessions.

PLEASE ARRIVE 10 MINUTES EARLY TO CLASSES

Please bring the following to your class:

- Filled water bottle
- Towel
- Yoga mat
- Sun protection

Land based classes will run outdoors on grassed area.

COMMENCING 16 NOVEMBER

Classes may be subject to change without notice.

Rockingham Aquatic Centre

61 Council Ave Rockingham

For further information please call **9591 0830**

