

HBF Arena Group Fitness Aqua

Who is aqua aerobics for?

Suitable for all fitness levels, from beginners to elite athletes. No swimming skills are necessary as buoyancy belts are supplied to those who require them. Water confidence is developed through regular participation.

Benefits of aqua aerobics

- Improvement in lung capacity and endurance
- Relief on supporting muscular system for injuries and musculoskeletal conditions
- Short recovery periods
- Decreased gravity which decreases joint loading
- Currents in the water massage the skin promoting circulation and relaxation
- Core muscles are strengthened as participants learn to stabilize their bodies against turbulence

What to Bring?

A water bottle to prevent dehydration, swimwear, towel, aqua shoes may be required for diabetics.

For more information about our aqua aerobics classes, please complete the online form below.

Morning classes

- Fit Club friendly classes

Monday 9/12	Tuesday 10/12	Wednesday 11/12	Thursday 12/12	Friday 13/12	Saturday 14/12	Sunday 15/12
9:00am - 10:00am Aqua Energy Aquatic Centre	8:00am - 9:00am Hydro Deep Aquatic Centre	8:00am - 9:00am Hydro Deep Aquatic Centre	8:00am - 9:00am Aqua Energy Aquatic Centre	9:00am - 10:00am Hydro Deep Aquatics Centre	9:30am - 10:30am Aqua Energy Aquatic Centre	

Afternoon / Evening classes

- Fit Club friendly classes

Monday 9/12	Tuesday 10/12	Wednesday 11/12	Thursday 12/12	Friday 13/12	Saturday 14/12	Sunday 15/12
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Aqua energy

The ultimate endurance class based on muscular strength and interval training. Challenge yourself by using a range of aquatic equipment in deep or shallow water. This workout will leave you fit, strong and more energised.

H2O

A chest deep water work out that utilises noodles and some basic aqua equipment, with the emphasis on choreographed movement to music. Suitable for pregnancy and rehab the programme focuses on increasing and maintaining fitness and strength.

Hydro deep

A high intensity deep water programme performed with aqua belts. This fitness challenge demands higher activation of core muscles, postural alignment and muscular endurance.