

APRIL 29th 2024

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|------------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--------|
| 6:00 AM | aqua 6:00 - 6:45 Lucy | adv squad 6:00 - 7:00 Des | aqua 6:00 - 6:45 Helen | adv squad 6:00 - 7:00 Des | aqua 6:00 - 6:45 Lucy | | |
| 7:00 AM | aqua 7:00 - 7:45 Lucy | | aqua 7:00 - 7:45 Helen | | aqua 7:00 - 7:45 Lucy | | |
| 8:00 AM | adv squad 8:30 - 9:30 Des | aqua 8:00 - 8:45 Linda | adv squad 8:30 - 9:30 Des | aqua express 8:00 - 8:30 Lucy | adv squad 8:30 - 9:30 Josh | | |
| 9:00 AM | inter squad 9:30 - 10:30 Des | deepwater 9:00 - 9:45 Linda | inter squad 9:30 - 10:30 Des | deepwater 9:00 - 9:45 Lucy | inter squad 9:30 - 10:30 Josh | deepwater 9:00 - 10:00 Linda | |
| 10:00 AM | | deepwater 10:00 - 10:45 Linda | | deepwater 10:00 - 10:45 Lucy | easy swim 10:30 - 11:30 Josh | deepwater 10:00 - 11:00 Linda | |
| 5:00 PM | | | all level squad 5:45 - 6:45 Des | | | | |
| 6:00 PM | poolaties 6:00 - 6:45 Helen | | | | | | |

Reception hours: Monday - Friday 8.30am - 7pm Saturday & Sunday 7am - 5pm.
Reception and Pool hours may vary on Public holidays.

Creche Hours: Monday to Saturday 8-11am Bookings essential

Pool Availability: For general swimming may vary. Please contact us for more information.

Contact us (02) 6674 9966 casuarina@movementhealthclubs.com.au or Facebook

Bookings Essential for classes and creche through the GymMaster Member app 



CLASS DESCRIPTIONS

Aqua

The water provides resistance to strengthen your muscles and raise your heart rate while minimizing impact on your joints. During the classes, you may perform callisthenic-type moves, use the water resistance, while exercising with floats, tread water, walk or jog -- all in waist- or neck-deep water.

Deep water running

This class is conducted in deep water with the use of a buoyancy belt. It is a workout designed to utilize every major muscle group in the body without the impact on the joints. A great class based around improving your cardio fitness.

Poolaties

Using resistance of the water to help strengthen and stabilise key muscles, improving posture and balance, build core strength and enhance flexibility whilst working the mind leaving you feeling refreshed and invigorated. For all fitness levels.