



# Challenge yourself

Stay healthy and grow stronger with us.



## Aqua Zumba fitness classes

Our Aqua Zumba fitness classes provide a fun twist to traditional aqua by bringing rhythm and dance into the pool for the aqua disco of your dreams!

During the class, dance steps provide a water-based workout to tone muscles, whilst water buoyancy supports your body.

This class provides a great atmosphere to get active, increase your heartrate and challenge yourself!

An annual Pre-Exercise Questionnaire will be required prior to making an Fitness booking or participating in the program.

You can complete the Pre-Exercise Questionnaire electronically via the Burwood Council website or by visiting Enfield Aquatic Centre.

If you indicate 'Yes' on any of the pre-screening questions you will be required to obtain a medical clearance prior to sign-up.

Participants must be 16 years or over to attend Fitness programs.

### Prices

<b>Adult</b> (Casual)	<b>\$19.40</b>
<b>Adult</b> (10 visit pass)	<b>\$161.00</b>
<b>Concession</b> (Casual)	<b>\$14.00</b>
<b>Concession</b> (10 visit pass)	<b>\$118.00</b>

Concession applies for seniors and pensioner concession card holders (Aged and disability only). Visit passes valid for 12 months.

### Session Times

**Tuesday Afternoon- 12:30pm - 1:30pm**

**Wednesday Afternoon- 12:30pm - 1:30pm**

**Thursday Evenings- 6:30pm - 7:30pm**

10 week program commencing from Tuesday 23 July to Thursday 27 September 2024.

**Bookings are recommended as positions are limited.**

**For bookings and enquiries phone 9078 6169**