

DRY CLASSES IN DETAIL

LIVING LONGER LIVING STRONGER™

Endorsed by the Council of the Ageing, LLLS is progressive strength and exercise program aimed at reducing the incidence of falls and improving the health, well-being and independence of people over the age of 50 in Western Australia.

Sessions are held in an atmosphere that is fun, enjoyable and welcoming! Our instructors are fully qualified and carry accreditation issued by the Council of the Ageing.

There are 2 types of sessions, Circuits which involve exercise stations which participants rotate throughout the session, and Programs which involve participants completing an individualised exercise program in a group session. See reverse for session times, and contact reception for the program commencement pack.



GET FIT TOGETHER IN A GROUP FITNESS CLASS!

Bold Park Aquatic offers group fitness classes to suit all ages and fitness levels - including aquarobics and over 50s fitness. All classes run for 60 minutes.

See the timetable inside for class days and times.

OPENING HOURS	
Summer (October to March)	
Monday to Friday	5.30am - 8pm
Saturday	7am - 8pm
Sunday/Public holidays	8am - 8pm
Winter (April to September)	
Monday to Friday	5.30am - 7.30pm
Saturday	7am - 6pm
Sunday/Public holidays	8am - 6pm

215 The Boulevard, City Beach
Phone: 9385 8767
Email: bpac@cambridge.wa.gov.au
www.cambridge.wa.gov.au/bpa



BOLD PARK AQUATIC GROUP FITNESS CLASSES

4 February to 3 March



WATER CLASSES IN DETAIL

AQUA DEEP 60 MINUTES

Impact free to suit all fitness levels, from beginners to the very fit. Great for improving fitness, muscle tone and strength. Aqua Deep is conducted in deep water with aqua belts. Participants must be able to swim.

AQUA FIT 60 MINUTES

Combines circuit, cardio, strength and Zumba - designed to improve flexibility, strength and fitness. Suitable for all fitness levels, the class is held in shallow water so being able to swim well is not necessary.

AQUA PRIME 60 MINUTES

Aquarobics for those in their PRIME! An excellent way to stay fit and keep those aches and pains at bay. Classes are held in shallow end of our 50m pool so being able to swim is not necessary.

AQUA DEEP AND AQUA FIT	\$13.70
AQUA PRIME	\$11.20
LIVING LONGER LIVING STRONGER™	\$10
AQUAROBICS multipass (10 visits)	\$123.30
AQUA PRIME (10 visits)	\$100.80
LIVING LONGER LIVING STRONGER™ (10 visits)	\$100

GROUP FITNESS TIMETABLE

4 February to 17 February

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30am	AQUA DEEP Patty		AQUA DEEP Patty		AQUA DEEP Nao	AQUA DEEP Patty
9.30am		AQUA FIT Michelle		AQUA FIT Michelle		
10am	AQUA PRIME Jackie				AQUA PRIME Jackie	
12.30pm	LIVING LONGER Programs - Roberta		LIVING LONGER Circuit - Michelle		LIVING LONGER Programs - Roberta	
1.45pm	LIVING LONGER Circuit - Roberta		LIVING LONGER Programs - Michelle			

AQUA CHANGES FEB 18 - MARCH 1

Due to lane availability we have made changes to our Aquarobics timetable over the period of Feb 18 to March 1.

18 February to 3 March

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30am	AQUA DEEP Patty		AQUA DEEP Patty		AQUA DEEP Nao	AQUA DEEP Patty
9.30am		AQUA DEEP Michelle		AQUA DEEP Michelle		
12.30pm	LIVING LONGER Programs - Roberta		LIVING LONGER Circuit - Michelle		LIVING LONGER Programs - Roberta	
1.45pm	LIVING LONGER Circuit - Roberta		LIVING LONGER Programs - Michelle			
2:30pm	AQUA PRIME Jackie				AQUA PRIME Jackie	