

DRY CLASSES IN DETAIL

STRENGTH FOR LIFE™

Endorsed by the Council of the Ageing, Strength for Life is a 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 involving exercise stations through 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 55 minutes.

See the timetable inside for class days and times.

OPENING HOURS	
Summer (November - March)	
Monday - Thursday	5.30am - 8pm
Friday	5:30am - 7pm
Saturday	7am - 7pm
Sunday/Public holidays	8am - 7pm
Winter (April - October)	
Monday - Friday	5.30am - 7pm
Saturday	7am - 6pm
Sunday/Public holidays	8am - 6pm

215 The Boulevard, City Beach

Phone: 9385 8767

Email: bpac@cambridge.wa.gov.au

www.boldparkaquatic.com.au



BOLD PARK AQUATIC GROUP FITNESS CLASSES

1 August to 3 September



WATER CLASSES IN DETAIL

AQUA DEEP

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

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.

BENEFITS OF AQUA CLASSES

Aqua classes are suitable for any age and ability as you are able to work as hard as you are capable of. Some of the benefits include:

- No impact on joints
- Working out in water helps build strength
- Water pressure helps put less strain on the heart by moving blood around the body
- The impact of gravity is less in the water allowing for greater range of motion

AQUA DEEP AND AQUA FIT	\$14.30
AQUA SENIORS DISCOUNT*	\$12.90
STRENGTH FOR LIFE™	\$10
AQUAROBICS (10 visits)	\$127.00
STRENGTH FOR LIFE™ (10 visits)	\$100

GROUP FITNESS TIMETABLE

3 August to 3 September

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30am	AQUA DEEP Patty	AQUA DEEP Michelle	AQUA DEEP Patty	AQUA DEEP Michelle	AQUA DEEP Susannah	
9.30am	AQUA FIT Michelle	AQUA FIT Michelle		AQUA FIT Michelle	AQUA FIT Susannah	AQUA DEEP (9 am) Nao
12.30pm	STRENGTH FOR LIFE Programs - Roberta		STRENGTH FOR LIFE Circuit - Michelle		STRENGTH FOR LIFE Programs - Roberta	
1.45pm	STRENGTH FOR LIFE Circuit - Roberta		STRENGTH FOR LIFE Programs - Michelle			
6:30pm						

Strength for Life participants must be signed off by a Dr and complete an assessment prior to commencing the program

