

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 - 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.boldparkaquatic.com.au



BOLD PARK AQUATIC GROUP FITNESS CLASSES

2 January - 31 January



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.

AQUA PRIME

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 and in our semi-enclosed 20m pool, so being able to swim is not necessary.

AQUA DEEP AND AQUA FIT	\$13.90
AQUA PRIME	\$11.40
STRENGTH FOR LIFE™	\$10
AQUAROBICS (10 visits)	\$125.10
AQUA PRIME (10 visits)	\$102.60
STRENGTH FOR LIFE™ (10 visits)	\$100

GROUP FITNESS TIMETABLE

2 January - 31 January

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30am	AQUA DEEP Patty		AQUA DEEP Patty		AQUA DEEP Susannah	AQUA DEEP Nao
9.30am		AQUA FIT Michelle		AQUA FIT Michelle	AQUA PRIME Susannah	
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			

STRENGTH FOR LIFE recommences for 2021 from Monday 11 January.

COVID-19 UPDATE



**Mandatory
contact registers
for business**

from Saturday 5 December

From Saturday 5 December, it is a condition of entry for all patrons to register their attendance at the Centre for contact tracing purposes, each time they arrive at the Centre.