



# Aqua

**Saturday 31st October to Friday 27th November 2009**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30am</b>	H20 Suzanne No Limits	H20 Angela No Limits	H20 Jeanette No Limits	H20 Jeanette No Limits	H20 Karen No Limits
<b>7:05pm</b>	H20 Karen No Limits			H20 Karen Kickbox	

*Class Descriptions and Class Etiquette are listed over page.  
Please note that instructors may change without notice.*



**Blacktown Leisure Centre Stanhope**

Cnr Stanhope Parkway & Sentry Dr, Stanhope Gardens  
www.blcs.blacktown.nsw.gov.au • 9421 2600



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## Aqua Class Descriptions

- **H20 No Limits:** 'Celebrate your Lifestyle Future'. This fabulous, simple to follow aqua program is an amazing way to get started in our Lifestyle Zone. Includes toning with the aqua dumbbells and woggles. Suitable for everyone!
- **H20 Kickbox:** 'Kick Up A Storm'. Go crazy in the latest Aqua program to hit Australia. Improve your cardiovascular fitness using the resistance of the water with the latest aqua kickboxing moves.

## Etiquette

- Please arrive on time, no admittance will be allowed after class commences.
- Class cards will be issued by front desk staff. Please keep the card until it is requested by the instructor.
- Please be sure to bring a towel & water bottle to class.
- Classes and Instructors may change at short notice.
- Please inform instructor of any injuries, health problems, pregnancy or special needs.
- Participants in Group Fitness and Spin classes must be 15 years or over, Aqua classes need to be 12 years or over, unless prior approval given.
- No children/ spectators allowed in Group Fitness or Spin Studios whilst classes are in progress.
- Questions & feedback are always welcome.
- All Fitness Classes run for 55 mins. Spin and Aqua classed run for 45 to 55 minutes.

## Sandcastles Crèche

- Sandcastle Crèche times – Mon. to Sat. 9:00am to 12:30pm, Mon., Tues. & Wed., 5:00pm to 8:00pm.
- Minimum age 8 weeks, maximum age 10 years.
- Sandcastles Crèche dockets will be issued by Reception staff.
- Please allow time before class to sign & settle children into Sandcastles Crèche.
- Parents will be called to Sandcastles if children become distressed or unwell.

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