



Mansfield
Aquatics

Timetable

Go on—get wet !

From 13 June 2017

Mansfield's only indoor, year-round heated swimming pool

| DAY | TIME | DURATION | CLASS |
|---------|---------|----------|---------------|
| Tuesday | 8.30am | 30 mins | Mature Movers |
| | 9.15am | 45 mins | Fit 'n Tone |
| | 10.15am | 45 mins | Hydrotherapy |
| Friday | 8.30am | 30 mins | Mature Movers |
| | 9.15am | 45 mins | Active Aqua |
| | 10.15am | 45 mins | Hydrotherapy |

Active Aqua

Energetic aerobic exercise that gets your heart pumping

Fit 'n Tone

Combination class of aerobic exercise, plus core strength & toning

Mature Movers

You're mature—and fit ! Aerobic exercise with all over toning

Hydrotherapy

The union of aquatic exercises and physiotherapy to aid pain management, fall prevention and enhance rehabilitation and recovery; run by qualified physiotherapist

No bookings required—just turn up with your towel, water bottle and a positive attitude to improving your fitness !

CONTACT US....

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www.mansfieldaquatics.com.au

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