Health and Fitness Timetable
November 2026

Group Fitness classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM			9.00 – 9.45 **AQUA AEROBICS**		
AM	9.30 – 10.15 **MIND BODY**	9.30 – 10.15 **YOUNG AT HEART**	10.00 – 10.45 **MIND BODY**	9.30 – 10.15 **YOUNG AT HEART**	9.30 – 10.15 **HIIT**
AM	10.30 – 11.15 **AQUA AEROBICS**	10.30 – 11.15 **AQUA AEROBICS**	11.00 – 11.45 **AQUA AEROBICS**	10.30 – 11.15 **AQUA AEROBICS**	10.30 – 11.15 **AQUA AEROBICS**
AM					11.30 – 12.15 **AQUA AEROBICS** (YOUNG AT HEART)
PM	6.00 – 6.45 **STRONG & TONED**	6.00 – 6.45 **MIND BODY**	6.00 – 6.45 **HIIT**	6.00 – 6.45 **BOXFIT**	
PM	7.00 – 7.45 **AQUA AEROBICS**	7.00 – 7.45 **AQUA AEROBICS**	7.00 – 7.45 **AQUA AEROBICS**	7.00 – 7.45 **AQUA AEROBICS**	

Please note: Instructors and classes are subject to change without notice.
Classes must be pre-booked.
All classes are 45 minutes
www.blacktownaquaticandsports.com.au
Ph: (02) 8822 6000 Blacktown Aquatic and Sports

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AQUA AEROBICS	Low impact total body workout includes toning with aqua dumbbells and noodles. Suitable for all fitness levels.
BOXFIT	Boxfit is a high intensity cardio class with gloves and pads. Learn combinations and correct technique while raising your heart rate and working up a sweat.
HIIT	A High Intensity Interval Training combining strength and cardiovascular exercises for the ultimate workout.
STRONG & TONED	Be prepared to be challenged by a combination of strength and cardio exercises with a focus on core training.
MIND BODY	This class consists of gentle stretching, correct breathing techniques, yoga postures and relaxation. It improves your body and mind awareness, increases your flexibility and assists with stress management. This class caters for everyone.
YOUNG AT HEART	This class is suitable for anyone who has not been physically active in a while. Challenge yourself with new exercises, learn how to safely build strength without overwhelming your joints. Feel good with your new-found strength.

Class Etiquette

- Classes must be booked.
- Participants must clean their equipment before and after use.
- Hand sanitiser is available for participants before and after classes.
- Please arrive on time, no admittance will be allowed after classes commence.
- Please inform the instructor of any injuries, health problems, pregnancy or special needs
- Participants in Group Fitness classes must be 16 years or over.
- Please be sure to bring a towel and filled water bottle. Entry will not be permitted without a towel.
- Aqua participants need to be 16 years or over.
- No spectators are allowed in any studio room.
- Children are not allowed to be left unattended.

Charlie Lowles Leisure Centre Emerton
35 Jersey Road, Emerton, NSW 2770
8822 6000

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