

WOMEN'S ONLY GROUP FITNESS CLASSES

Only
\$10

PILATES & HIIT CLASSES

Get Active, Get Fit, Live Healthy

Class Sessions:

Friday February 10 – 6:00pm

Friday February 17 – 6:00pm

Friday February 24 – 6:00pm

Friday March 3 – 6:00pm

What to bring:

Mat and water bottle

Wear comfortable clothing to work out in

Over the four weeks we will be alternating a Pilates Mat class that is suitable for all fitness levels from the very Beginner to the more experienced and a HIIT (High Intensity Interval Training) class that can be catered for levels from beginners to the more experienced.



Classes will be held in the pavilion located outside the main centre and upstairs in our Wellness studio.

Aquarena Aquatic and Leisure Centre 139-153
Williamsons Road Lower Templestowe 3108.

Scan the QR code
to Book!

