

HydroFit Timetable (as at July 10th 2017)

Monday	Tuesday	Wednesday	Thursday	Friday
	6.00-7.00am HydroCircuit	6.00-7.00am HydroCircuit	6.00-7.00am HydroCircuit	6.00-7.00am HydroCircuit
7.00 – 7.30am HydroLite	7.00-7.30am HydroCircuit	7.00 – 7.30am HydroLite	7.00-7.30am HydroCircuit	7.00 – 7.30am HydroLite
7.30 – 9.00am AquaMoves	7.30 – 9.00am AquaMoves	7.30 – 9.00am AquaMoves	7.30 – 9.00am AquaMoves	7.30 – 9.00am AquaMoves
	9.00 – 9.30am HydroCircuit	9.00 – 9.30am HydroRehab	9.00 – 9.30am HydroCircuit	9.00 – 9.30am HydroRehab
	9.30-10.00am HydroCircuit	9.30 – 10.00am HydroRehab	9.30-10.00am HydroCircuit	9.30 – 10.00am HydroRehab
	10.00 – 10.30am HydroCircuit	10.00 – 10.30am HydroRelax	10.00 – 10.30am HydroCircuit	10.00 – 10.30am HydroRelax
	10.30 – 11.00am HydroLite	10.30 – 11.00am HydroSculpt	10.30 – 11.00am HydroLite	10.30 – 11.00am HydroSculpt

HydroLite – A gentle all over body session

AquaMoves - Do your own prescribed exercises

HydroCircuit - Utilizing the HydroRider and Treadmill for circuits

HydroRehab – A Rehab session to focus on specific areas

HydroSoothe - 15 minute massage and 15 minute float (available Tuesday to Friday 9-11 Bookings essential)

HydroSculpt - utilizing therabands

Floatation pool - 15 minutes of pure relaxation and Floating time

AquaRelax - Guided meditation session floating in the 36 degree hydro pool

Membership Options

Choose one of our membership options to suit your busy lifestyle.

Member	Session	
Bronze	AquaMoves Only	Senior \$30 10 visits Adult \$45 10 visits
Silver	HydroLite Only	Senior \$35 5 sessions Adult \$40 5 sessions
Gold	3 month \$300 6 month \$550 12 month \$1050 AquaMoves, HydroLite and HydroCircuit Only	
Platinum	\$25 per week via Direct debit AquaMoves, HydroLite, AquaRelax and HydroCircuit Only	
Hydro Plus	\$30 per week via Direct Debit All inclusive in the Hydro Pool only (excluding specialty sessions)	
Appointment	\$15 per Appointment All sessions per appointment	
Specialty sessions		
HydroSoothe	\$30 per Appointment Includes 15 minute massage and 15 minute soak	
AquaPT	\$30 per Appointment 30 minute AquaPT session (hydro or main pool)	

Terms and Conditions apply.

Appointments need to be booked in Advance for all sessions

Small session sizes.

Maximum 30 minutes in Hydro Pool due to the 36 degrees