



# ACACIA RIDGE LEISURE CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 AM	Classes Coming Soon!						Classes Coming Soon!
06:30 AM					Classes Coming Soon!		
07:00 AM		Aqua Aerobics		Aqua Aerobics		Classes Coming Soon!	



Please note scheduled classes are subject to change.  
To ensure class times are correct please contact us on **1300 332 583**

## CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

### Classes Coming Soon!

New Group Fitness Classes coming to this venue soon!

### Aqua Aerobics

Aqua Aerobics is performed in shallower, waist depth water, and is a challenging but fun class for all fitness levels. This resistance training class is an aerobic exercise that focuses on endurance and resistance training, in a fun an enjoyable environment.