

Make a

**splash** and enjoy

**the benefits of being Aqua Fit!**



Get yourself to TRAC and get ready for a fun, energetic and motivating workout suitable for all fitness levels.

All classes are conducted indoors in our heated pools.

We offer a range of classes to meet everyone's needs, from beginners to the more advanced.

Benefits include:

- improving your fitness, balance, flexibility, coordination and strength
- reducing stress and anxiety
- stimulating your brain and improving brain health
- increasing the flexibility of your joints
- having fun in the water while improving your overall health
- reducing muscle and joint pain
- rehabilitation from injury

We also offer Aqua Fit classes in deep water, a combination of running and exercise moves, while wearing a buoyancy belt around your waist. This class provides an added level of resistance to help improve your fitness.



  
**Staying  
Active**

Visit [trac.tweed.nsw.gov.au](http://trac.tweed.nsw.gov.au)



Follow us on Facebook – [TweedRegionalAquaticCentre](https://www.facebook.com/TweedRegionalAquaticCentre)

## TRAC Murwillumbah timetable

### Aqua Fit

Tuesday	9.30 – 10.30am
Thursday	9.30 – 10.30am

### Aqua Fit Deep Water

Monday, Tuesday and Thursday	1 – 1.30pm
Monday and Wednesday	5.45 – 6.45pm
Friday and Saturday	8.30 – 9.30am

## Classes for over 50s

### at Tweed Regional Aquatic Centres

All classes conducted by certified exercise staff experienced in working with older age groups.

### Gentle Aqua

Monday and Friday	10 – 10.45am
Tuesday	11 – 11.45am

### Aquastrength

Wednesday	8.30 – 9.30am
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### Casual 60 minute class

\$13.50

## TRAC Tweed timetable

Monday	9.30 – 10.15am	Gentle Aqua
Tuesday to Saturday	9.15 – 10.15am	Aqua Fit
Wednesday and Friday	10.30 – 11.15am	Gentle Aqua

## TRAC Kingscliff timetable

Tuesday	7.30 – 8.30am	Aqua Fit
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## Cost

Casual 60 minute class	\$13.50
Casual 45 minute class	\$10.00
Casual 30 minute class	\$8.00

Reduced prices with membership and multi visit fitness passes

Please check with your doctor if you have any health concerns before beginning any exercise program.



Murwillumbah	(02) 6670 2750
Kingscliff	(02) 6674 0195
Tweed	(07) 5569 3120

Email [trac@tweed.nsw.gov.au](mailto:trac@tweed.nsw.gov.au)  
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