

Join us now

TRAC Aqua Programs

Promoting healthy and active communities.



Aim: To provide descriptive and a consistent information to clients while delivering quality aquatic programs to the community at an affordable price.

Outcome: Promoting healthier and active communities and individuals while enabling social connections.

Group aquatic exercise classes, a complete workout in 45 minutes!

Motivating music, encouragement from the instructor and the energy from other participants makes the whole experience exhilarating. It's a great social activity and stress-reliever. Our professionally trained instructor's welcome new people and no matter what your fitness level or age, you will experience an enjoyable, safe and effective workout. Over the next few months we will be introducing a broader range of programs, see below, that will give everyone an opportunity to become active in the water.

We look forward to assisting you with your health and fitness.

New TRAC Aqua



CLASS NAME	DESCRIPTION
Aquabalance	This class is designed for people who may require rehabilitation, and improvements in their balance, posture and confidence.
Aquamoves	This is a shallow water class designed for the mature client to increase general mobility and flexibility as well as cardiovascular fitness, brain activation and fun.
Aquafit	This workout enhances co-ordination, general fitness and muscle toning. This combination of shallow and deep water class is ideal for beginners through to the advanced.
Aquahiit	This is a no impact class in the deep water using a buoyancy belt. Designed to improve overall fitness with interval training.
Aquastrength	This is a class designed to build strength and core stabilisation with the use of resistance equipment.
Aquaburst	This is a high intensity midday exercise burst in the deep water. Designed to stimulate your body and brain.



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*Timetable **Murwillumbah** 2021 – class max 24 Bookings on 0266 702750 between 9am – 5pm*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 – 8.45am			Aquastrength			
9 – 9.45am			Aquastrength	Aquafit	Aquastrength	Aquahiit
10 – 10.45am	Aquamoves	Aquafit			Aquamoves	
11 – 11.45am	Aquabalance Starts 19 April	Aquamoves	Aquamoves			
1 – 1.30pm	Aquaburst		Aquaburst			
5.45 – 6.30pm	Aquahiit		Aquahiit			

*Timetable **South Tweed** 2021 – class max 24 Bookings on 0755 693120 between 9am – 5pm*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30 – 9.15am		Aquafit		Aquafit		
9.30 – 10.15am	Aquamoves	Aquafit	Aquafit	Aquafit	Aquafit	Aquafit
10.30 – 11.15am			Aquamoves		Aquamoves	
5.45 – 6.30pm		Aquafit				

*Timetable **Kingscliff** 2021– class max 20 Bookings on 0266 712945 between 9am – 5pm*

		Tuesday		Thursday		
7.30 – 8.15am		Aquafit		Aquafit		