

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.



Visit 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. Morning tea following each class.

Gentle Aqua

Monday and Friday 10 – 10.45am

Aquastrength

Wednesday 8.30 – 9.30am

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

Cost

Casual 60 minute class \$13.50

Casual 45 minute class \$9.80

Casual 30 minute class \$7.80

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

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