



## Dandenong Oasis

### PAA 2019 Programming

The following is a summary of inclusions and exclusions of activities available as part of your PAA offer. For more information, please visit your friendly staff at the front desk.

Local Activities	
Activity	Description
Group Fitness Classes	See Active April timetable for selected classes
Walk and Chat	A 45 Minute group social walk around Dandenong
Aquanauts	Endurance swimming 20+ years old
Swim Fit	Endurance swimming 13-20 years old
Squash	Hire a Squash court in off-peak times
Evolt Scan	Book an appointment with a trainer for a body scan