



Warragul Leisure Centre

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	Access to all group fitness classes
Recreational Swimming	Access to Pools for Casual Swimming.
Wednesday Family HIIT Session	1-hour family friendly HIIT (High Intensity Interval Training) session every Wednesday for the month of April
Les Mills Virtual Classes	Extra virtual classes added to group fitness timetable for the month of April Including: Friday Body Balance and CX Worx beginner and CX Worx, Monday Shabam beginner and Shabam
Active April Family Friendly Classes	A selection of classes from our current timetable that are recommended by our Health & Wellness Instructors. Families are encouraged to come along and join in. Monday Chi Yoga, Tuesday Aqua Gymstick, Thursday Pilates and Adrenaline HIIT and Saturday Aqua Bootcamp