

personal training & boot camp

Pricing:

Please refer to our current price list. Copies can be obtained from the Customer Service Centre.

Adelaide Aquatic Centre is a one stop shop for those looking to keep fit, learn how to swim and have fun. Other facilities and programs offered at the centre include:

Facilities:

- » Swimming Pools
- » Fitness Centre
- » Creche
- » Spa, Sauna and Steam Room
- » Swim Shop
- » Splash Café
- » Picnic and BBQ areas

Programs:

- » Learn to swim leasons
- » Birthday Parties for children
- » School Holiday Fun Program for children
- » Group Fitness Classes
- » Strength for Life classes



ADELAIDE
AQUATIC CENTRE

Jeffcott Road, North Adelaide SA 5006

phone: 8203 7665 | fax: 8269 7150

email: aac@adelaidecitycouncil.com

website: adelaideaquaticcentre.com.au



ADELAIDE
AQUATIC CENTRE

personal training

effective results
personal training to
suit your needs

Train on your own or with a friend and get results.

A range of affordable options are available:

- » Suitable for all fitness levels
- » 30 minute or 60 minute sessions
- » Indoor and outdoor sessions
- » Pairs training available

10 x 30 minute sessions
10 x 60 minute sessions
10 x 30 minute sessions for pairs
30 minute casual session
60 minute casual session

You don't need to be a member to join and sessions are valid for 12 months from time of purchase.

Book an **EFFECTIVE RESULTS PERSONAL TRAINING** package NOW!
Contact us now to book your sessions.

boot camp

empower yourself with
an adelaide aquatic
centre boot camp!

BOOST your fitness. ENERGISE your day.

Boot Camps are intensive outdoor training sessions mixing cardiovascular fitness with resistance and strength training. Participants will work individually as well as in teams as they run, jump, crawl and punch their way through 45 minutes of heavy challenges.

The next round of BOOT CAMP is filling fast with the following options available:

You Choose:

1 session per week for 8 weeks
OR
2 sessions per week for 4 weeks.

Sessions include access to all wet areas and are non-refundable.
Contact us now to book your sessions.

