



Aqua HIIT

Saturdays 8:00-8:45am

Aqua HIIT (High-Intensity Interval Training) alternates short periods of intense exercise with less intense recovery periods. The buoyancy properties of the water allow you to work at a higher level with less impact on your body, ensuring that it is one of the safest and most effective ways to improve strength and fitness in a non-impact environment.

Aqua HIIT incorporates toning and cardio exercises to music in deep water, utilizing a variety of equipment with buoyancy belts provided, so the ability to swim is not required.

This class is ideal for all fitness levels and for those suffering from back, knee or hip related problems.

Location: Darwin Ski Club pool, 20 Conacher St, Fannie Bay

Cost: \$5 per session

Contact: Nikki - Fitnutz H2O via nichole.higgins@cdu.edu.au

or 0421 986 252

No bookings required!

Suitable
for all
levels!

BYO hat,
towel,
& water
bottle

