



# Emerse Water Cycling

**Tuesdays 6:15-7:00pm 02 May to 04 July**

Emerse Water Cycling combines a mix of speed intervals, hill climbs, and active recovery that will challenge your cardiorespiratory fitness and strength endurance.

Water cycling has taken the overseas market by storm, and Emerse is thrilled to be the first to bring this unique form of exercise to the NT, with bikes shipped direct from Italy to provide Darwin the ultimate underwater fitness experience.

It is a hugely rewarding, high-intensity style of training that has low impact on the body. Each workout allows you to go at your own pace at the speed of your choice. With increased speed, the water challenges you with increased resistance, requiring you to push past your comfort zone, where you will reap the benefits.

It's everything you could want in a workout, performed in a very comfortable 30°C heated, outdoor pool.

**Location:** Henbury School pool, 11 Henbury Avenue, Tiwi

**Bookings required!** Go to [www.emerse.com.au](http://www.emerse.com.au)

**Contact:** Emerse - Sally on 0491 366 693 or [sally@emerse.com.au](mailto:sally@emerse.com.au)

**Cost:** \$10 per person per session

Suitable for all ages and fitness levels!

BYO swimwear, waterproof shoes, water bottle & towel



[www.darwin.nt.gov.au/community/programs/healthy-darwin](http://www.darwin.nt.gov.au/community/programs/healthy-darwin)  
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