

# BROADMEADOWS AQUATIC AND LEISURE CENTRE



Download the  
**HumeFit app**  
to find more things  
happening during  
April at our other  
leisure centres.

SUN	MON	TUE	WED	THU	FRI	SAT
<h2>FREE</h2> <h3>Fitness Activities April Moves!</h3> <p>Activate your 7 day free membership from 1 April</p>				1 Steam/Sauna/Spa on us 1-3pm	2 Good Friday Closed	3 Yoga 10.30-11.30am  Free child swim with a paying adult
4  Gym Easter Challenge (Plank Hold)	5  Zumba 9.15-10.15am	6 Mat Pilates 9.15-10.15am  Steam/Sauna/Spa on us 1-3pm	7  Zumba 6-7pm	8  Line Dancing 10-11am	9 Chair Dance 11.30am-12.30pm  Body Assessments using our Tanita monitor. 12pm and 6pm	10  Yoga 10.30-11.30am
11  Bring a friend to train with you 1-4pm	12 Zumba 9.15-10.15am  Chair Dance 11.30am-12.30pm	13  Mat Pilates 9.15-10.15am	14 Zumba Gold 12-1pm  Zumba 6-7pm	15  Gym fitness challenge (most push ups in a minute)	16 Crafty Sisters Cuppa & chat 11am-1pm Body Assessments using our Tanita monitor. 12pm and 6pm	17  Craft Party 10am-2pm Free light lunch & Door prizes
18  Steam/Sauna/Spa on us 1-3pm	19 Zumba 9.15-10.15am  Chair Dance 11.30am-12.30pm	20  Mat Pilates 9.15-10.15am	21  Zumba 6-7pm	22  Steam/Sauna/Spa on us 1-3pm	23 Carpet Bowls with morning tea 10am-12pm	24  Yoga 10.30-11.30am
25  Free child swim with a paying adult	26 Zumba 9.15-10.15am  Chair Dance 11.30-12.30pm	27  Mat Pilates 9.15-10.15am	28 Zumba 6-7pm Soaring Health free seminar - Guide to healthy eating 6.30-7.30pm	29  Steam/Sauna/Spa on us 1-3pm	30 Chair Dance 11.30am-12.30pm	

\*subject to availability and changes\*

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