

SPLASH AQUA PARK 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 Fitness Activities April Moves!</h2> <p>Activate your 7 day free membership from 1 April</p>				1 Free swim 7-9am	2 Good Friday Closed	3 Sprint 8.30am and 9.30am Free child swim with one paying adult
4 Sprint 8.30-9am Yoga 8.30-9.20am	5 Public Holiday	6 Boxabike 9.30-10.20am Mat 11.30am-12.20pm Zumba 6-7pm GRAB and GO BREAKFAST 9am-11am	7 Body Balance 6pm-6.50pm Yin Yoga 8pm-8.50pm Soaring Health free seminar - Guide to healthy eating 6.30p-7.30pm	8 Boxing 7pm-7.50pm RPM 9.30am-10.45am Zumba Gold 12-1pm	9 Sprint 6-6.30am HIIT 6-6.45am Work-It 10.30-11.30am Yoga 7.30-8.20pm	10 Sprint 8.30am-9am and 9.30-10am Free swim 8-10am
11 Sprint 8.30-9am Yoga 8.30-9.20am	12 Inhouse gym Challenge (Row your heart out) Work-It 10.30-11.30am	13 Virtual Core 6-6.30am Boxabike 9.30-10.20am Mat 11.30am-12.20pm Zumba 6-7pm	14 Body Balance 6-6.50pm Yin Yoga 8-8.50pm GRAB and GO BREAKFAST 9-11am	15 RPM 9.30-10.45am Zumba Gold 12-1pm Toddler Hip Hop 4.30-4.50pm Junior Hip Hop 4.50-5.45pm	16 Sprint 6-6.30am HIIT 6-6.45am Cycle45 9.30-10.15am Yoga 7.30-8.20pm	17 Sprint 8.30-9am and 9.30-10am
18 Sprint 8.30-9am Yoga 8.30-9.20am	19 Inhouse gym Challenge (1min Squat Jumps) Work-It 10.30-11.30am	20 Taekwondo 4.15-5pm 5 to 8 years Metapower 6-6.30pm Body Balance 6-6.50pm Yin Yoga 8-8.50pm	21 Metapower 6-6.30pm Body Balance 6-6.50pm Yin Yoga 8-8.50pm Free Postural or injury Assessment 6-8pm (Soaring Health)	22 RPM 9.30-10.15am 9-11am GRAB AND GO BREAKFAST Toddler Hip Hop 4.30-4.50pm Junior Hip Hop 4.50-5.45pm	23 Sprint 6-6.30am HIIT 6-6.45am Work-It 10.30-11.30am Yoga 7.30-8.20pm	24 Sprint 8.30-9am and 9.30-10am Free child swim with one paying adult
25 Free swim 8-10am	26 Inhouse gym Challenge (Slam Ball Challenge)	27 Virtual Core 6-6.30am Boxabike 9.30-10.20am Mat 11.30-12.20pm Taekwondo 5-5.50pm 9 to 13 years	28 Metapower 6-6.30pm Body Balance 6-6.50pm Yin Yoga 8-8.50pm Free Postural or injury Assessment 6-8pm (Soaring Health)	29 Boxing 7-7.50pm RPM 9.30-10.15am Walking Group and free coffee on us. 10-11am	30	

subject to availability and changes

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