

SUNBURY 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 Plate X 5.30–6.30pm	2 Good Friday Closed	3 Gym Easter Challenge (Plank Hold)
4 Free child swim with one paying adult	5	6 Cycle 6.05–6.55am Functional Training 11.05–11.55am Core 40 5.30–6.10pm Metafit 6.15–6.50pm	7 Free Adult swim 7–8am Functional Training 6.05–6.55am Gym Workshop Booty Building 12pm and 6pm	8 Reformer Pilates* 6.30–7.15pm	9 Gym Body Composition Body Assessments using our Tanita monitor. 12pm and 6pm	10 Reformer Pilates* 9.05–9.50am
11 HIIT Class 8.05–8.55am Free child swim with one paying adult	12 Teen Gym Tour 3.30–5.30pm Gym All Day Fitness Challenge (500m sprint best time on the Rower)	13 Cycle 6.05–6.55am Functional Training 11.05am–12pm Core 40 5.30–6.10pm Metafit 6.15–6.50pm	14 Functional Training 6.05–6.55am Latin Fit Gold 10.05–10.50am Gym Workshop: 12pm and 6pm Machine Based Exercises	15 Free child swim with one paying adult Reformer Pilates* 6.30–7.15pm	16 Body Assessments using our Tanita monitor. 12pm and 6pm	17 Reformer Pilates* 9.05–9.50am
18 HIIT Class 8.05–8.55am	19 Teen Gym Tour 3.30 - 5.30pm Gym All Day Fitness Challenge (Most push ups in 1 minute)	20 Cycle 6.05–6.55am Functional Training 11.05–11.55am Core 40 5.30–6.10pm Metafit 6.15–6.50pm	21 Functional Training 6.05–6.55am Latin Fit Gold 10.05–10.50am Gym Workshop (Freeweight Exercises) 12pm and 6pm	22 Reformer Pilates* 6.30–7.15pm Soaring Health free seminar - Guide to healthy eating 7.30–8.30pm	23 Walking Group 9.30am followed by a free morning Tea in our Wellness Garden	24 Reformer Pilates* 9.05–9.50am
25 Free child swim with one paying adult	26 Fitness Challenge Bodyweights Squats (most within 1 minute)	27 Cycle 6.05–6.55am Functional Training 11.05–11.55am Core 40 5.30–6.10pm Metafit 6.15–6.50pm	28 Functional Training 6.05–6.55am Latin Fit Gold 10.05–10.50am Gym Workshop 12pm and 6pm TRX Suspension Training	29 Reformer Pilates* 6.30–7.15pm	30	

*Booking is essential for Reformer Pilates. Download the HumeFit app to book in.

subject to availability and changes

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