



**DRINK  
LESS &  
MOVE  
MORE**

**HAVE FUN. FEEL GOOD.  
BRING A FRIEND.**

Once again Aquarena Aquatic and Leisure Centre will be participating in Sunday Sessions starting on the first Sunday of August (7th) for five weeks (ending on the 28th), an initiative aimed at pushing back on boozy weekends and getting Active on a Sunday.

Activities Available:

Full Access to the Centre 8.00am - 8.00pm

9.15am Pilates

10.30am Zumba

11.30am Boxing

Scan the QR code to find activities and sign up.

