

# Active Mums Timetable

A membership program from Noosa Leisure Centre (NLC) and Noosa Aquatic Centre (NAC) specifically for mums with children 0-5years.

## Noosa Leisure Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30		Circuit Combo		Circuit Combo	Yoga Flow		
7:00						Yoga	
9:00					Core Fitness		
					Zumba		
9:15	Core Fitness		Core Foundation				
			Zumba				
9:30				BoxFit			
9:45				Dance Nation			
10:15		Pure Strength			Mum & Bubs Pilates		Noosa Yoga
10:30			Power Bar				
11:00				Stretch Flow			
12:00		SoulFit Dance					

## Noosa Aquatic Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30		Sunrise Aqua	Aqua Zumba	Aqua Circuit			
7:30	Aqua		Aqua		Aqua		Aqua Strength
8:30	Aqua	Aqua	Aqua	Aqua	Aqua	Aqua	Aqua
9:30		Aqua Deep		Aqua Deep		Aqua	
17:30	Aqua						

# Active Mums Membership Program

A new membership program from Noosa Leisure Centre (NLC) and Noosa Aquatic Centre (NAC) specifically for mums with children 0-5years.

**Cost: \$12.60 per week** direct debited fortnightly (\$25.20 per fortnight) To sign up – please see reception at Noosa Leisure Centre. Free entry into the Kids' Playroom on the day of sign up!

**Membership entitles you to:** All Active Mums classes, Unlimited lap swimming at the Noosa Aquatic Centre, \* \$9.30 upgrades to attend Noosa Aquatic Centre gym and any other group fitness classes.

**Please note:** Each mum is entitled to one Active Mums membership, for a maximum period of 12 months. After this time you will be able to transfer across to any of our full rate membership options without incurring any transferring or joining fees.

\*Council reserves the right to cancel the membership offering at any stage if minimum membership numbers are not reached or maintained.

## FREE \* Core Foundation Class

A specially designed class to help mums re-establish their core muscle function after child birth.

Wednesdays 9:15am at the Noosa Leisure Centre

The class focuses on building up the pelvic floor, abdominals and glute muscles as well as stabilising your spine and joints in order for you to move on to a more advanced program.

It is a progressive class based on your own strength and fitness level with both cardio and resistance training exercises included in each session.

**Cost: Free**

\* \*(Please note that each mum can only complete a series of 10 classes once.)  
On site crèche available for bubs over 8 weeks old (\$5.00/hr per child, discount multi-passes available)

Bookings are essential for all classes.  
Book via [noosaleisurecentre.com.au](http://noosaleisurecentre.com.au)  
0753296550

