



# MEMBER MONTH

**JULY 2018**

**Exclusive member events  
and offers each week**



*This one's for you*

## WEEK 1

### COOK LIKE A SUPERSTAR WITH JACQUI ACKLAND

Jacqui cooks up a storm and shows you why she was a finalist on Masterchef®.

- 7.30pm, Tue 3 Jul, Aqualink Nunawading
- 7.30pm, Thu 5 Jul, Aqualink Box Hill

Bookings are essential.

Visit reception to reserve your place.

## WEEK 2

### FREE SWIM FOR MEMBER'S CHILDREN & PARTNERS

School holiday fun and activities.

- 12.30pm-3.30pm, 9-13 Jul,  
Aqualink Box Hill & Aqualink Nunawading

No bookings required.

Please remember, a responsible parent/guardian over the age of 16 years must be in the water with children under 5 years and within arms reach of the children at all times.

Children under 10 years must be actively supervised by a responsible parent/guardian over the age of 16 years at all times.

### SPEEDO AQUA MASTERCLASS

Enjoy an aqua class with multiple instructors and heaps of prize giveaways.

- 10am, Sun 15 Jul, Aqualink Nunawading
- 6pm, Sun 15 Jul, Aqualink Box Hill

### LES MILLS GROUP FITNESS CLASSES

Get your groove on or chill out with all Les Mills classes launching new releases this week.

*T&C's apply. Member month events and special offers are available to financial members only.*

## WEEK 3

### ENJOY A DELICIOUS BREAKFAST ON US!

Let us thank you for choosing Aqualink by inviting you to a FREE breakfast. Enjoy a delicious start to your day shared with other Aqualink members.

- 6.30am-8am, Tue 17 Jul, Aqualink Nunawading
- 6.30am-8am, Thu 19 Jul, Aqualink Box Hill
- 8am-9.30am, Sat 21 Jul, Aqualink Nunawading
- 8am-9.30am, Sun 22 Jul, Aqualink Box Hill

Bookings are essential.

Closing date for bookings: Tuesday 10 July.

T&C's apply. Visit [aqualink.com.au](http://aqualink.com.au) for details.

## WEEK 4

### UNDERSTANDING & PREVENTING DIABETES

Presented by Carrington Health.

- 1.30pm-2.30pm, Tue 24 Jul, Aqualink Nunawading

Bookings are essential.

Visit reception to reserve your place.

### GUT HEALTH: HOW IT CAN BE IMPROVED WITH NUTRITION

Presented by Alysha Stevens, BAppSc (Ex&SpSc), MDiet, Accredited Practising Dietitian (Aqualink Staff Member).

Learn how a healthy gut influences your wellbeing. As a qualified Dietitian, Alysha will explain how food, along with your exercise routine, can affect and optimise your gut health.

- 7.30pm, Thu 26 Jul, Aqualink Box Hill

Bookings are essential.

Visit reception to reserve your place.

### RECLAIM YOUR BODY

Presented by Craig Wyllie from Reclaim Your Body

Inefficient breathing can result in elevated blood pressure, heart rates, stress levels and restrictive movement. Learn how to improve your breathing to improve your fitness and overall health.

- 10am, Sun 29 Jul, Aqualink Box Hill

Bookings are essential.

Visit reception to reserve your place.



Proudly owned and operated by Whitehorse City Council.

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