

Dry Group Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6.00 – 6.45 BOXING Emily	6.00 – 6.55 BODYPUMP™ Tyler	6.00 – 6.45 BOXING Emily	6.00 – 6.55 BODYPUMP™ Tyler	6.00 – 6.45 BOXING Emily	
						9.00 – 9.55 BODYPUMP™ Elisa
	9.15 – 10.10 BODYPUMP™ Jenny	9.15 – 10.10 PILATES Diana	9.15 – 10.10 CARDIO - STEP UP Diana	9.15 – 10.10 BODYPUMP™ Jenny	9.15 – 10.10 BODYPUMP™ Diana	
						10.00 – 10.55 BODYCOMBAT™ Julie/Kris
	10.15 – 11.10 ZUMBA Jenny	10.30 – 11.15 BOXING Angela	10.30 – 11.15 PILATES Julie R	10.15 – 11.10 BODYCOMBAT™ Kris	10.15 – 11.10 YOGA Pramod/Tanuja	
						11.00 – 11.55 YOGA Nasrin
	11.15 – 12.10 YOGA Nasrin	11.15 – 12.10 Staying Active YOGA Diana		11.15 – 12.10 YOUNG AT HEART Pat	11.15 – 12.10 YOUNG AT HEART Pat	
PM	5.15 – 6.10 BODYPUMP™ Jenny	5.15 – 6.10 BODYCOMBAT™ Kris	5.15 – 6.10 BODYCOMBAT™ Julie	5.15 – 6.10 BODYPUMP™ Jenny		
				6.15 – 7.10 ZUMBA Jenny		
	6.30 – 7.25 BODYCOMBAT™ Julie	6.30 – 7.25 BODYPUMP™ Tyler	6.30 – 7.25 YOGA Nasrin	6.30 – 7.25 BODYCOMBAT™ Tyler (FR)	6.30 – 7.25 YOGA Nasrin	
	7.30 – 8.25 ZUMBA Tyler	7.30 – 8.25 PILATES Julie Rain (FR)	7.30 – 8.25 ZUMBA Tyler	7.30 – 8.25 BODY PUMP Tyler/Andrea	7.30 – 8.25 PILATES Julie R	

Classes labelled “FR” are held in the function room (behind reception)

Cycle Group Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6.00 – 6.45 RPM™ Andrea	6.00 – 6.45 SPIN Diana			6.00 – 6.45 RPM™ Julie R	
						8.10 – 8.55 RPM™ Elisa
	9.00 – 9.45 RPM™ Julie R				9.00 – 9.45 RPM™ Sandy	
			9.30 – 10.15 RPM™ Julie R	9.30 – 10.15 RPM™ Sandy		
PM	5.30 – 6.15 RPM™ Julie R		5.30 – 6.15 RPM™ Elisa	5.30 – 6.15 RPM™ Julie R		
	6.30 – 7.15 RPM Julie R	6.30 – 7.15 RPM™ Sandy				

Please note: Instructors and classes are subject to change without notice. Classes must be pre-booked.

Studio 1	
YOGA	'Complete Mind-Body Conditioning'. This traditional class is designed to teach you Yoga postures with the correct breathing and stretching in meditative state, flowing sequences, leaving you revitalised and relaxed. So if you need to either de-stress or work on your balance and inner core strength, get your shoes off and try Yoga today! Suitable for all fitness levels.
PILATES	A system of controlled exercises that engage the mind and condition the total body. The strength and flexibility training helps to improve posture and reduce stress levels.
ZUMBA®	If you want to find your inner spark, get into Zumba® the hypnotic Latin rhythms and easy-to-follow moves create a fun one-of-a-kind fitness class where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat - be warned it is addictive!
LES MILLS BODYCOMBAT™	'Anything more intense would have a rip cord!' This exciting program combines a selection of martial arts including boxing, karate and taekwondo with a focus on endurance training, strength and agility. Suitable for everyone!
LES MILLS BODYPUMP™	Les Mills Body Pump (55min or 45min option) is 'The fastest way in the universe to change your body shape!' Pump is a non-impact program designed to give your body a complete workout using barbells and weights to the latest music. Most of all it develops strength and muscular endurance.
BOXING	This is the ultimate full-body workout! A 45-minute boxing class combining aerobic fitness with co-ordination using focus mitts and partner exercises.
CIRCUIT X-CHANGE	'Bring it on!' A hip circuit program with plenty of cool stations, including cardio and resistance training. Feel the calories burn! Suitable for all fitness levels.
TABATA	A High Intensity Interval based workout. Classes can use different equipment or bodyweight. Great way to increase your fitness levels!
HIIT	HIIT (45 mins) is a workout that keeps on working. A non-choreographed class using a variety of equipment and workout timings.
Staying Active YOGA	Improve breathing and posture with our fun filled senior's yoga class which incorporates a mind and body segment to reduce stress, relax and revitalise.
CARDIO STEP UP	Cardio Step up is a fitness class that provides an all over workout. Suitable for all fitness levels.
YOUNG AT HEART	A low impact / gentle exercise aerobics/aqua aerobics class for seniors over 50 years.

Studio 2	
LES MILLS RPM™ / RPM EXPRESS™	Les Mills RPM (45mins)/ RPM Express (30mins) is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, interval training and controlling the intensity of your workout with resistance dial and pedal speed.
SPIN	SPIN (45mins) is a freestyle cycle class designed to test your fitness through mountain peak, speed work and interval training. Discover your athlete within.

Etiquette

- Classes must be pre-booked online.
- Participants must clean their equipment before and after use.
- Hand sanitiser is available and participants are required to use it before and after classes.
- Please arrive on time, no admittance will be allowed after classes commence or without a class ticket.
- Class tickets will be issued by reception staff.
- Please keep the ticket until it is requested by the instructor.
- Please inform the instructor of any injuries, health problems, pregnancy or special needs.
- Participants in Group Fitness and Spin classes must be 15 years or over.
- Please be sure to bring a towel and filled water bottle. Entry will not be permitted without a towel.
- Aqua participants need to be 12 years or over.
- No spectators are allowed in any studio room.
- Children are not allowed to be left unattended.

Sandcastle Crèche

Monday	9.00 am - Noon
Tuesday	9.00 am - Noon
Wednesday	9.00 am – Noon
Thursday	9.00 am – Noon
Friday	9.00 am – Noon
Saturday	CLOSED
Sunday & Public Holidays	- CLOSED