

Dry Group Fitness Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						8.30 – 9.30 YOGA Louise
	9.00 – 9.40 YOUNG AT HEART Graham	9.00 – 9.40 YOUNG AT HEART Karen	9.00 – 9.40 YOUNG AT HEART Kavleen	9.00 – 9.40 YOUNG AT HEART Mary /Karen	9.00 – 9.40 YOUNG AT HEART Pat	9.30am PILATES Alma
	10.45 – 11.30 STAYING ACTIVE Graham	10.45 – 11.30 MIND BODY Karen	10.45 – 11.30 STAYING ACTIVE Kavleen	10.45 – 11.30 MIND BODY Louise / Karen		
PM	5.15 – 6.00 STRONG AND TONED Alma	5.30-6.30 YOGA Louise	6.00 – 7.00 YOGA Beulah	5.30 -6.30 YOGA Louise		
	6.00 – 7.00 PILATES Alma	6.00 – 6.45 BOXING Graham	6.00 – 6.45 GYM CIRCUIT Graham / Mary	6.00 – 6.45 BOXING Virronne		

Aqua Group Fitness Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						7.00 – 7.45 AQUA BLAST Mary/Pat	
	9.45 – 10.30 AQUA COMBO Graham	9.45 – 10.30 AQUA COMBO Karen	9.45 – 10.30 AQUA SHALLOW Kavleen	9.45 – 10.30 AQUA ZUMBA Marlee	9.45 – 10.30 AQUA COMBO Pat		9.30 – 10.15 AQUA COMBO Pat
PM	7.00– 7.45 AQUA COMBO Lenna	7.00– 7.45 AQUA COMBO Pat	7.00– 7.45 AQUA COMBO Pat	7.00– 7.45 AQUA COMBO Mary / Angela			

Instructors and classes are subject to change without notice.

Class Descriptions	
AQUA BLAST	A HIIT (<i>High Intensity Interval Training</i>) style class to push your limits. If you are looking to challenge yourself, this is your jam!
AQUA SHALLOW	This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells. (Please note, Aqua Combo is a combination of Shallow and Deep)
AQUA DEEP	
AQUA COMBO	
AQUA ZUMBA	This fun class blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss!
STRONG AND TONED	Be prepared to be challenged by a combination of strength and cardio exercises with a focus on core training.
GYM CIRCUIT	Be pushed out of your comfort zone in this fast-paced circuit class held in the gym. Cardio, resistance and strength training activities will help to improve your fitness and tone your body.
BOXING	A high intensity cardio workout using a variety of boxing techniques and drills. Build your endurance, strength and confidence in this high energy class.
YOGA & MIND BODY	This class consists of gentle stretching, correct breathing techniques, yoga postures and relaxation. It improves your body and mind awareness, increases your flexibility and assists with stress management. This class caters for everyone.
PILATES	Pilates mat work focuses on strengthening and lengthening the body through a series of controlled movements. The class will focus on your core muscles whilst also training your arms and legs. This class will help you to improve posture, increase flexibility, tone and improve core strength.
YOUNG AT HEART	A low to moderate intensity exercise program suitable for anyone who has not been physically active in a while. You can start gently in a friendly atmosphere and exercise at your own pace. Young at Heart is open to everyone and is designed to be safe for people with cardiac or diabetic conditions.
STAYING ACTIVE GYM CIRCUIT	Develop confidence in the gym environment and enjoy exercising under the guidance of a qualified fitness instructor. The gym circuit session will help you improve metabolism, build strength and increase flexibility so that you can enjoy life to the fullest! Have fun whilst you improve your fitness and learn how to use the equipment in the gym.

Etiquette

- Participants must clean their equipment before and after use.
- 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 must be 16 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 14 years or over.
- No spectators are allowed in studios.
- Children are not allowed to be left unattended.