

GROUP FITNESS TIMETABLE – Effective Thursday 24th June 2021



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10AM	Yoga Katie	Les Mills Core Mel B	Body Pump Janny	Metafit Jasmin			
8:30AM						Body Pump Andrea	
9:00AM							Body Step Tara
9:15AM		Sprint Tiz					
		Metafit Jas					
9:30AM	Body Pump Mon		Body Pump Mon	Body Combat Mel J	Body Pump Mandy		
				Cycle Jas			
9:45AM						Body Attack Express Andrea	
10:00AM		Sh'Bam Mel J					
10:15AM							Body Balance Caz/ Kylie
10:45AM	Body Balance Mon		Mat Pilates Claire		Body Balance Mandy		
11:00AM		General Yoga Kaz		General Yoga Kaz			
12:00pm	Active Adults Claire		Active Adults Claire		Active Adults Tania		
5:20PM		GRIT Caz					
5:30PM	Body Pump Mon		Body Pump Katie	Body Attack Andrea	General Yoga Katie		
			Metafit Jas				
6:00PM		Les Mills Core Mel B	RPM/Sprint Tiz	RPM Nicole			
6:15PM	Mat Pilates Claire			Mat Pilates Claire			
6:45PM	Sh'Bam Express Mon	Body Step Tara	Body Balance Katie				
7:00PM		Sprint Janny					

AQUA TIMETABLE – Effective Thursday 24th June 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:45AM						Aquafit Staff	
10:00AM	Aqua Mild Claire	Aqua Mild Tiz	Aqua Mild Tania	Aqua Mild Claire	Aqua Mild Tania		
11:00AM	Warm Water Ex Claire	Warm Water Ex Tiz	Warm Water Ex Tania	Warm Water Ex Claire	Warm Water Ex Tania		
6:00PM		Aquafit Janny		Aquafit Tara			

LES MILLS CLASSES

BODY ATTACK 45mins

Body Attack is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODY BALANCE 55mins

Body Balance is a Yoga, Tai Chi and Pilates based class that improves your mind, body and life. You will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm, centred and happy.

BODY PUMP 55mins

A barbell class that strengthens and tones your entire body to ensure you get results — fast. Body Pump challenges all of your major muscle groups by using strength exercises such as squats, presses, lifts and curls.

LES MILLS CORE 30mins

A strong core equals a strong body. Be guided through resistance tube, weight plate and body weight exercises that target the torso and sling muscles and are adaptable to any level of fitness.

LES MILLS SPRINT 30mins

Push your limits with this high intensity, low impact indoor spin workout. Alternate bursts of intensity with periods of rest to reach your fitness goals fast and burn calories for hours.

LES MILLS GRIT 30mins

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximises calorie burn.

BODY STEP 55mins

Using a step with adjustable risers to suit the participants level of fitness, Body Step is a cardio workout great for building up your fitness, with a little sense of added fun.

SH'BAM 45mins (express 30 mins)

Get your heart rate up with a series of simple dance moves during this insanely addictive party workout. No dance experience necessary.

RPM 45mins

RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

FREESTYLE CLASSES

PILATES 45mins

Pilates will help improve posture, core strength and flexibility which is great for injury prevention. Caters to all fitness levels with a combination of balance and floor work.

METAFIT 30mins

Metafit is a high intensity cardio HIIT workout that uses a variety of body weight exercises to get results fast.

GENERAL YOGA 50mins

A class which focuses on key postures and correct alignment, combining simple sequences with great posture. The class incorporates the yoga philosophy of combining movement with breath to allow you to feel the full benefits of a strong, healthy, and calm mind and body. With a beautiful Savasana (relaxation) to finish.

AQUAFIT 45mins

A non-impact water-based fitness class that uses a combination of exercises to increase cardio fitness, using noodles and/or aqua dumbbells to help shape and tone your entire body.

AQUA MILD 45mins

Improve muscle tone and keep fit with this great blend of cardio and resistance training. Aqua aerobics offers a gentle, low impact style of exercise for all ages and abilities.

WARM WATER EX 30mins

A gentle form of aqua exercise held in the hydrotherapy pool. The class is low intensity and has ramp access.

ACTIVE ADULTS 45mins

A low impact strength and aerobic class to keep your body moving, using simpler routines, stretches, and light weights to improve strength and bone health.

