

GROUP FITNESS TIMETABLE – Effective Monday 8th February 2021



| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-------------------------|---------------------|-----------------------|-------------------------|-----------------------|-------------------------------|----------------------------|
| 6:15AM | Yoga Katie | CXWORX Mel B | Body Pump Janny | Metafit Jasmin | | | |
| 7:00AM | | | | Cycle Jas | | | |
| 8:30AM | | | | | | Body Pump Andrea | |
| 9:00AM | | | | | | | Body Step Tara |
| 9:15AM | | Sprint Tiz | | | | | |
| 9:30AM | Body Pump Mon | | Body Pump Mon | Body Step Mel J | Body Pump Mandy | | |
| 9:45AM | | | | | | Body Attack Express Andrea | |
| 10.15AM | | Metafit Jasmin | | | | | Body Balance Caz/ Kylie |
| 10:30AM | | | Cycle Jas | | | | |
| 10:45AM | Body Balance Mon | | Pilates Claire | | Body Balance Mandy | | |
| 11:00AM | | General Yoga Kaz | | General Yoga Kaz | | | |
| 12:00pm | Active Adults Claire | | | Active Adults Claire | | | |
| 5:20PM | | GRIT Caz | | | | | |
| 5:30PM | Body Pump Mon | | Body Pump Katie | Body Attack Loz | General Yoga Katie | | |
| 6.00PM | | CXWORX Caz | Metafit Jasmin | | | | |
| | | Sprint Janny | Sprint Tiz | | | | |
| 6:15PM | Pilates Claire | | | | | | |
| 6:45PM | Sh'Bam Express Mon | Body Step Tara | Body Balance Katie | | | | |

AQUA TIMETABLE – Effective Monday 8th February 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 | | |
| 6:45PM | | Aquafit Janny | | Aquafit Tara | | | |

Class Descriptions

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 AQUA 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 simple routines, stretches, and light weights to improve strength and bone health.

LES MILLS CLASSES

BODY ATTACK 55mins

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.

CXWORX 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.

LESMILLS 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.

LESMILLS 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.