

# GROUP FITNESS TIMETABLE

Effective July 16th 2024

GREEN ROOM

PURPLE ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
06:10	BODY PUMP Mel B	BODY BALANCE Katie	BODY PUMP Janny	LES MILLS CORE Mel B	BODY PUMP Mel B				
08:30						BODY PUMP Andrea	BODY STEP Tara		
09:30	BODY PUMP Kate & Ash	BODY COMBAT Mel J	Mums and Bubs Debb	BODY PUMP Andrea	BODY BALANCE Michelle	BODY PUMP Mandy	LES MILLS RPM™ (9am) Nicole & Tiz	BODY BALANCE Kylie & Nicole	
10:45	BODY BALANCE Kate	ACTIVE ADULTS Claire	YOGA Kaz	YIN YOGA Debb	ACTIVE ADULTS Mick & Andrea	YOGA Kaz	BODY BALANCE Mandy	ACTIVE ADULTS Anne	Move To Improve (9:45am) Andrea
11:45	MAT PILATES Claire	All Abilities Dance (11:15am) Anne		All Abilities Dance (11:15am) Anne	ROLLER & STRETCH Claire				
12:30		MEDITATION Bridget		MEDITATION Bridget					
17:30	BODY PUMP Janny	BARRE EXPRESS Debb	BODY STEP Tara	LES MILLS RPM™ Kate	BODY PUMP Katie	BODY ATTACK Tim	YOGA Katie		
18:00	MAT PILATES Debb		LES MILLS Sprint™ Tiz						
18:40	CARDIO BOXING Mick	YIN YOGA Donna	BODY BALANCE Katie	MEDITATION Bridget					

# AQUA & CONNECT 30 TIMETABLE July 16th 2024

MAIN POOL

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AQUA</b>	08:30					<b>Aquafit</b> Sarsha	
	08:45	<b>Aqua Mild</b> Nicole	<b>Aqua Mild</b> Tiz	<b>Aqua Mild</b> Tania	<b>Aqua Mild</b> Claire	<b>Aqua Mild</b> Tania	
	09:45	<b>Warm Water</b> Nicole	<b>Warm Water</b> Tiz	<b>Warm Water</b> Tania	<b>Warm Water</b> Claire	<b>Warm Water</b> Tania	
	19:00		<b>Aquafit</b> Tania		<b>Aquafit</b> Nicole		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CONNECT 30</b>	06:10		<b>Strength</b> Meg		<b>Aerobic</b> Erica		
	09:00					<b>Aerobic</b> Liam	
	09:30		<b>Strength</b> James	<b>Strength</b> James	<b>Aerobic</b> James		
	10:00		<b>Functional</b> James				
	18:00	<b>Strength</b> Alex	<b>Aerobic</b> Alex		<b>Strength</b> Meg		
	18:30	<b>Core</b> Mel B	<b>Core</b> Kate				

# REFORMER *Pilates* TIMETABLE

Effective July 16th 2024

**REFORMER PILATES STUDIO**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>REFORMER PILATES</b>	06:10	Reformer Katie	Reformer Nicole	Reformer Nicole	Reformer Nicole	Reformer Nicole	
	7:10	Reformer Nicole	Reformer Beginner Nicole	Reformer Nicole	Reformer Beginner Nicole	Reformer Nicole	
	08:30						Reformer Staff rotation
	09:30	Reformer Debb	Reformer Beginner Kaz	Reformer Claire	Reformer Beginner Kaz	Reformer Claire	Reformer Staff rotation
	10:30	Reformer Beginner Debb	Reformer Debb	Reformer Beginner Claire	Reformer Claire	Reformer Beginner Claire	Reformer Staff rotation
	16:30		Reformer Beginner Monica		Reformer Beginner Erica	Reformer Beginner Monica	
	17:30	Reformer Kate	Reformer Monica	Reformer Debb	Reformer Erica	Reformer Monica	
	18:30	Reformer Kate	Reformer Monica	Reformer Debb	Reformer Erica		

# GROUP FITNESS TIMETABLE

LOW IMPACT

MODERATE

HIGH INTENSITY

## WELLNESS CLASSES

### GENERAL YOGA - 50mins

This class focuses on key postures and correct alignment, 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.

### MEDITATION - 45 mins

This class is designed for beginners to experienced students. Helping you to disconnect from the stress of everyday life, assisting with better sleep and fitness results, allowing your body & mind to release, reset and restore.

### YIN YOGA - 60 mins

Yin Yoga works the tissues of our ligaments, joints, deep fascial networks and even our bones. It is a slow-paced style of yoga, incorporating postures that are held anywhere from 1 to 5 minutes, intended as a complement to more active forms of yoga & exercise.

### BARRE - 45 mins

Barre is a workout combining ballet inspired moves, with elements of Pilates, Dance, Yoga, and strength training.

### ACTIVE ADULTS - 45mins

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

### MOVE TO IMPROVE - 45mins

Suitable for beginner to advanced participants, this low impact class combines aerobic moves with muscle toning exercises.

## WELLNESS CLASSES

### CARDIO BOXING - 45mins

A chance to take advantage of the intensity and quality of boxing training in a fun environment focussing on fighting for fitness.

### PARENTS & BUBS - 45mins

These classes are a brilliant way to get new parents back into gentle exercise. Classes focus on a combination of light weights, body weight and connecting with your little one. **Open to all children 12 months and under.**

### MAT 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.

### STRETCH & STRENGTHEN - 45 mins

A stretch and roller class aiming to increase strength and flexibility.

## CONNECT 30 CLASSES

### CONNECT30 AEROBIC - 30mins

Pump up your heart rate and enhance your overall fitness with durations of aerobic activity.

### CONNECT30 STRENGTH - 30mins

Strengthen and tone your entire body with a full-body resistance training class.

### CONNECT30 FUNCTIONAL - 30mins

Improve your mobility and strength with a mixture of bodyweight functional movements & equipment.

### CORE - 30mins

A strong core equals a strong body. Resistance tube, weight plate, and body weight exercises that target the torso for any level of fitness.

## LES MILLS CLASSES

### BODY ATTACK - 55mins

Body Attack is a high-energy fitness class with combining 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'll strengthen your entire body and leave the class feeling calm, centred and happy.

### BODY COMBAT - 50mins

Body Combat is a high energy martial art inspired workout. You'll punch and kick your way to fitness. This full body workout is non-contact. You'll release stress, have a blast and feel like a champ.

### BODY PUMP - 55mins

Body Pump is a weight-based 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.

### BODY STEP - 55mins

Body Step is a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout!

### 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 CLASSES

### LES MILLS RPM™ - 50 mins

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.

## AQUA CLASSES

### 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.

## REFORMER PILATES

### REFORMER PILATES - 45mins

Reformer Pilates is a moderate intensity bodyweight style class using resistance springs and straps to sculpt and tone your body. The all-levels training delivered in a layered format, encourages flexibility, balance, co-ordination, core stability and strength.

**Reformer Plus Membership required.**