

# GROUP FITNESS TIMETABLE

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 BALANCE Kate	BODY PUMP Mel B			
07:30		<b>NEW</b> MEDITATION EXP Brylie							
08:30		<b>NEW</b> ACTIVE ADULTS Mick	<b>NEW</b> BODY STEP Tara	<b>NEW</b> ACTIVE ADULTS Claire	<b>NEW</b> ACTIVE ADULTS Anne	BODY PUMP Andrea	BODY STEP Tara		
09:30	BODY PUMP Ash/Kate	MUMS & BUBS Debb	<b>NEW</b> CARDIO BLAST Mel J	BODY PUMP Andrea	BODY BALANCE Michelle	<b>NEW</b> LES MILLS RPM™ Kate	BODY PUMP Mandy	LES MILLS RPM™ (9am) Tiz/Nicole	BODY BALANCE Nicole/Kylie
10:45	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	<b>NEW</b> STRETCH EXP Michelle	All Abilities Dance (11:15am) Anne	<b>NEW</b> MAT PILATES Claire				
12:30	<b>NEW</b> TAI CHI Claire			MEDITATION Brylie					
17:30	BODY PUMP Janny	BARRE EXPRESS Debb	BODY STEP Tara	LES MILLS RPM™ Kate	BODY PUMP Katie	<b>NEW</b> HIIT CIRCUIT Mick	YOGA Katie	RPM™ Xpress Kate	
18:00	MAT PILATES Debb			LES MILLS Sprint™ Tiz					
18:40	CARDIO BOXING Mick	<b>NEW</b> BODY BALANCE Michelle	BODY BALANCE Katie	<b>NEW</b> CARDIO BOXING Mick					
19:00	LES MILLS CORE Mel B								

# AQUA & HYDRO

MAIN POOL

HYDRO POOL

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA	08:00		<b>Aquafit</b> Tiz			<b>Aqua Mild</b> Tania		
	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> Nicole	<b>Aqua Mild</b> Tania		
	19:00		<b>Aquafit</b> Tania		<b>Aquafit</b> Kath			

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HYDRO	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		
	10:30			<b>Warm Water</b> Tania				

Effective February 17th 2025

# FUNCTIONAL TRAINING

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GYM FLOOR	06:10	Strength	Strength	Aerobic	Aerobic	Strength	
	08:20	Aerobic	Aerobic	Strength	Strength	Strength	Strength
	09:20	Strength	Aerobic	Strength	Aerobic	Strength	Aerobic
	09:50		Functional		Functional		
	16:30	Strength	Aerobic	Strength	Aerobic		
	18:00	Strength	Strength	Aerobic	Strength		
	18:30	Core	Core	Fight Technique	Core		

Effective February 17th 2025

# REFORMER *Pilates* TIMETABLE

REFORMER PILATES STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>REFORMER PILATES</b>	06:10	Reformer	Reformer	Reformer	Reformer		
	07:10	Reformer	Reformer Beginner	Reformer	Reformer Beginner	Reformer	
	08:10					<small>NEW</small> Reformer Beginner	
	08:30					Reformer	Reformer
	09:30	Reformer	Reformer Beginner	Reformer	Reformer Beginner	Reformer	Reformer
	10:30	Reformer Beginner	Reformer	Reformer Beginner	Reformer	Reformer Beginner	Reformer Beginner
	16:30	<small>NEW</small> Reformer	Reformer Beginner		Reformer	Reformer	
	17:30	Reformer Beginner	Reformer	Reformer	Reformer	Reformer Beginner	
	18:30	Reformer	Reformer	Reformer	Reformer Beginner		

Effective February 17th 2025



TIMETABLE SUBJECT TO CHANGE

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# 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.

## FREESTYLE 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.

### FIGHT TECHNIQUE - 30mins

Conditioning, strength and aerobic training specifically for martial arts including technique focussing on different training styles.

### CARDIO BLAST - 45mins

Increase your heart rate and elevate your overall fitness through a freestyle cardio class. Every week offers something different and will get your heart pumping!

### 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.

## 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.**

## 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 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 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.

## 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.