



Group Exercise Class Timetable

Mo	6.30 am Energise Your Day ♥ 1-2-3	9.30 am Zumba ♥ 2-3	9.30 am Body Blitz ♥ 2-3	10.30 am Pilates Combo ♥ 1-2 (M)	2.00pm Aqua Lite ♥ 1 (M)	4.30 pm Teen Gym ♥ 1-2-3	7.00 pm Boxing Circuit ♥ 2-3	7.00 pm Tai Chi / Qi Gong ♥ 1-2	7.30 pm Circuit ♥ 2-3	8.00 pm Belly Dance (int) ♥ 1-2
Tu			9.30 am Swiss-ball / Cardio ♥ 2-3		1.00 pm Active & Able ♥ 1 (M)	2.00 pm Active & Able ♥ 1-2 (M)	6.30 pm Pilates ♥ 1-2-3	7.30 pm Circuit ♥ 2-3	7.30 pm Yoga (inter-adv) ♥ 1-2	7.30 pm Aqua Power L1 ♥ 1-2-3
We	6.30 am Energise Your Day ♥ 1-2-3	9.30 am Fitness Combo ♥ 2-3				4.30 pm Teen Gym ♥ 1-2-3	6.30 pm Swiss-ball Body ♥ 1-2-3	6.30 pm Zumba ♥ 2-3	7.30 pm BellyDance (beg-int) ♥ 1-2	
Th	9.30 am Circuit ♥ 2-3	9.30 am Pilates ♥ 1-2-3	10.00 am Aqua Power L1 ♥ 1-2-3	10.30 am Love-it- Latin (open) ♥ 2-3	11.00 am Aqua Gentle ♥ 1 (M)	2.00 pm Active & Able ♥ 1-2 (M)		7.30 pm Yoga (beg-inter) ♥ 1-2	7.30 pm Aqua Power L2 ♥ 2-3	7.30 pm Spin ♥ 2-3
Fr	6.30 am Energise Your Day ♥ 1-2-3	9.30 am Cardio Zone ♥ 1-2-3	9.30 am Swiss-ball Body ♥ 1-2			4.30 pm Teen Gym ♥ 1-2-3				
Sa		9.30 am Step Class (adv) ♥ 2-3		10.30 am Love-it- Latin (open) ♥ 2-3	11.30 am Love-it- Latin (beg) ♥ 2-3	4.00 pm Aqua Power L2 ♥ 2-3	Legend: ♥ 1 = Low intensity class level ♥ 2 = Medium intensity class level ♥ 3 = High intensity class level (M) = 'Move for Life' classes, which are particularly recommended for people over 50yrs or who have a low level of fitness or mobility.  = 30mins  = 60mins			
Su				10.30 am TLC Circuit ♥ 1-2 (M)		5.00 pm Aqua Power L3 ♥ 3				

Active & Able Supervised exercise class focused on improving strength, balance, gait, flexibility and co-ordination. Using light weights and resistance equipment this class is recommended for 50+ yr olds or for those with limited mobility. See brochure for more info.

Aqua Lite Enjoy a variety of exercises, joined in such a way as to challenge your range of movement and balance. Gentle exercise will stimulate your muscles for sustained recovery.

Aqua Gentle Excellent for people with joint issues. Especially those with arthritis or who have had hip, knee, etc replacements! The warm water soothes joint pain and improves muscle flexibility and balance. This class also provides movements for those easing into fitness. You'll feel refreshed and more supple when you leave!

Aqua Power Level 1 Water exercise for those wishing to improve strength, range of movement, or needing 'recovery' for an injury. You will be given a variety of movements so you can participate at your own ability level. You will tone your arms and legs and engage your core muscles. Get set to increase your heart rate and add some variety to your workouts!

Aqua Power Level 2 Developed for people wishing to challenge their upper and lower body strength and who love the benefits of high intensity cardio exercise. You will utilise the whole pool, get a whole body workout, and burn calories! Not for the faint-hearted! But don't be scared-off... everyone starts at their own pace. You'll soon feel your fitness improve and love it!

Belly Dance Taught by a renowned name in belly dancing, Mona will teach you the finer skills of shaking your booty. For fitness or fun, belly dancing can help increase overall flexibility, body tone and strengthens your leg and core muscles. Your arms and hands get a workout too as you make the moves look effortless when they're not. See brochure for more info.

Body Blitz High intensity class combining cardio and use of resistance equipment to maintain muscle mass and burn body fat. Great music, and a variety of moves and exercise combinations keep the class interesting and challenging.

Boxing Circuit This class uses the speed balls, punching bags, floor to ceiling, and focus pads to increase your heart rate and burn calories. A great cardio class for men and women!

Cardio Zone Get your cardio fitness up by using a variety of workouts, there's something different each week.

Circuit Maintain muscle mass and burn body fat using a combination of cardio and resistance equipment. One of our most popular classes, Circuits are a great 'all-rounder' class. You can tailor the class to your own ability very easily, and the format of the class changes each week to keep things fresh and interesting. Come and try it!

Energise Your Day This is an exercise program to help you 'Energise your Day', including 3 morning classes per week, text message wake up reminders, personal trainers, motivational messages, fitness progress benchmarks, and more. Bookings are made in 5 week commitments for only \$25 in addition to the cost of your gym visits. See brochure for more info.

Fitness Combo Get into a bit of everything. Combination of simple step movements, weights and abs for a great all-over workout. This class combines the best of all cardio and strength worlds and packages them in a comprehensive class that will have you fighting fit and feeling at the top of your game when you leave.

Love-it-Latin! This class is a 'Zumba' style aerobics workout set to a fabulous fusion of Latin dance styles. Mixing mambo, cha cha and salsa moves (to name a few), you will be kept on your toes and never be bored. You don't need a partner; come on your own or with friends. You'll experience creative choreography and love the catchy beat of the music. See brochure for more info.

Pilates Focus on core stability and finer muscle control. A fantastic compliment to other exercise options or on it's own. Because it is designed to strengthen weak muscles and focus on the control of stabilising muscles during exercises, it is ideal for injury rehabilitation (back, neck, shoulders, knees and feet). See brochure for more info.

Pilates Combo This is a class, combining yoga, pilates, large swiss-balls, tai chi, stretch and relaxation. A great mixture of disciplines, this class takes the best of all worlds and packages them in a comprehensive class that will have you walking out taller than when you walked in. See brochure for more info.

Step A great cardio class that uses steps to increase calorie burning, strength and intensity. An aerobics-style class that will keep you moving and enjoying a range of moves and dance combinations.

Spin A powerful cardio class including sprints, hills and other challenging cycling elements. Great for fat burning and toning.

Swiss-ball Body Develop core stability and strength using swiss-balls. By exercising while sitting or leaning on the balls your body is constantly making small adjustments to your postural muscles, abdominals, gluteals and leg muscles. This class also uses your body weight, hand weights, bar weights, resistance bands, medicine balls, etc to improve muscle tone! See brochure for more info.

Tai Chi / Qigong The benefits of Tai Chi/Qigong are increasingly recognized for enhancing fitness in mind and body, and helping relieve stress. Regular attendance loosens and strengthens joints and muscles, and improves concentration. This class has benefits in terms of correcting poor postural alignment or movement patterns which can contribute to tension or injury.

Teen Gym Supervised gym exercise for 12-17 year olds. These sessions combine individual gym programs with group-based exercises to teach teens correct technique, and improve their fitness and strength. Can be used to compliment other sport activities teens participate in, or on it's own. See brochure for more info.

TLC Circuit Circuit class for people with mild mobility restrictions, injuries, disabilities or low fitness level. This class provides for extra modifications for specific needs. A great start to Sunday mornings, you've still got time for a sleep in and for a lunch-time social event. A great time!

Yoga Iyengar style Hatha yoga combining postures, concentrated breathing, flexibility and relaxation. It is the focus of concentration and self awareness on the external and subsequently, the internal states of the body. It provides a holistic approach to healing through treatment of the individual as a unified body and mind. See brochure for more info.

Zumba The dance fitness craze that is sweeping the world. The music is addictive, the moves are so much fun, and it's good for you! Come join in. If the class times don't suit try the Love-it-Latin classes which are VERY similar.

Be on time, warm-ups are essential for your health.
Wear appropriate footwear and dress in comfortable supportive clothing.

On public holidays the following classes run:
9.30am Circuit and 7.30pm Circuit

More information about group exercise classes can be found in their relevant brochures, available at reception.