



Charlie Lowles Leisure Centre Emerton Group Fitness Classes

CHARLIE LOWLES
LEISURE CENTRE
EMERTON

AQUA AEROBICS	Low impact total body workout includes toning with aqua dumbbells and noodles. Suitable for all fitness levels.
AQUA BOXFIT	A 45-minute class combining boxing combinations, HIIT and resistance training in a water environment.
AQUA TABATA	A HIIT class designed for water using maximum effort for 20 seconds and recovery for 10 seconds.
BOXFIT	Boxfit is a high intensity cardio class with gloves and pads. Learn combinations and correct technique while raising your heart rate and working up a sweat.
HIIT	A High Intensity Interval Training combining strength and cardiovascular exercises for the ultimate workout
MIND BODY	This class consists of gentle stretching, correct breathing techniques, yoga postures and relaxation. It improves your body and mind awareness, increases your flexibility and assists with stress management. This class caters for everyone.
START STRONG STAY STRONG	This group fitness class is recommended for anyone who is new to land based classes. Challenge yourself with new exercises. Learn how to safely build strength without overwhelming your joints. Feel good with your new-found strength

Etiquette

- classes must be booked online
- participants must clean their equipment before and after use
- please arrive on time, no admittance will be allowed after classes commence or without a class ticket
- class tickets will be issued by reception staff
- please keep the ticket until it is requested by the instructor
- please inform the instructor of any injuries, health problems, pregnancy or special need
- participants in Group Fitness classes must be 15 years or over
- please be sure to bring a towel and filled water bottle. Entry will not be permitted without a towel.
Water bubblers are currently not available
- aqua participants need to be 12 years or over
- no spectators are allowed in any studio room
- children are not allowed to be left unattended.