

## Dry Group Fitness Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						8.30 – 9.30 YOGA Louise
	9.00 – 9.40 <b>YOUNG AT HEART</b> Marisa	9.00 – 9.40 <b>YOUNG AT HEART</b> Karen	9.00 – 9.40 <b>YOUNG AT HEART</b> Marisa	9.00 – 9.40 <b>YOUNG AT HEART</b> Mary /Karen	9.00 – 9.40 <b>YOUNG AT HEART</b> Pat	
			9.45 – 10.30 Staying Active Marisa			
	10.45 – 11.30 Staying Active Marisa	10.45 – 11.30 <b>MIND BODY</b> Karen		10.45 – 11.30 <b>MIND BODY</b> Louise / Karen		
PM	5.30 – 6.00 <b>HIIT</b> Christina	5.30-6.30 YOGA Louise	6.00 – 7.00 YOGA Beulah	5.30 -6.30 YOGA Louise		
	6.00 – 7.00 <b>PILATES</b> Lenna	6.00 – 6.45 <b>BOXING</b> Graham	6.00 – 6.45 <b>GYM CIRCUIT</b> Mary /Angela		6.00 – 6.45 <b>GYM CIRCUIT</b> Various	

## Aqua Group Fitness Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						7.00 – 7.45 <b>AQUA BLAST</b> Mary/Pat	
	9.45 – 10.30 <b>AQUA COMBO</b> Marisa	9.45 – 10.30 <b>AQUA COMBO</b> Karen	9.45 – 10.30 <b>AQUA SHALLOW</b> Graham	9.45 – 10.30 <b>AQUA ZUMBA</b> Marlee	9.45 – 10.30 <b>AQUA COMBO</b> Pat		9.30 – 10.15 <b>AQUA COMBO</b> Pat
			10.45 – 11.30 Aqua Combo Graham		10.45 – 11.30 <b>AQUA COMBO</b> Mary / Karen		
PM	7.00– 7.45 <b>AQUA COMBO</b> Lenna	7.00– 7.45 <b>AQUA COMBO</b> Pat	7.00– 7.45 <b>AQUA COMBO</b> Pat	7.00– 7.45 <b>AQUA COMBO</b> Mary /Karen			

Please note: Instructors and classes are subject to change without notice.

Class Descriptions	
<b>AQUA BLAST</b>	A HIIT ( <i>High Intensity Interval Training</i> ) style class to push your limits. If you are looking to challenge yourself, this is your jam!
<b>AQUA SHALLOW</b>	
<b>AQUA DEEP</b>	This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells. (Please note, <b>Aqua Combo</b> is a combination of Shallow and Deep)
<b>AQUA COMBO</b>	
<b>AQUA ZUMBA</b>	This fun class blends the <b>Zumba</b> philosophy with water resistance, for one pool party you shouldn't miss!
<b>HIIT and Core</b>	Do you wish to be pushed to your limits? This short <i>High Intensity Interval Training</i> session will do just that! Be prepared to be challenged by a combination of strength and cardio exercises with a focus on core training.
<b>GYM CIRCUIT</b>	Be pushed out of your comfort zone in this fast paced circuit class held in the gym. Cardio, resistance and strength training activities will help to improve your fitness and tone your body.
<b>BOXING</b>	A high intensity cardio workout using a variety of boxing techniques and drills. Build your endurance, strength and confidence in this high energy class.
<b>YOGA</b>	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.
<b>YOUNG AT HEART</b>	A low to moderate intensity exercise program suitable for anyone who has not been physically active in a while. You can start gently in a friendly atmosphere and exercise at your own pace. Young at Heart is open to everyone and is designed to be safe for people with cardiac or diabetic conditions.
<b>STAYING ACTIVE GYM CIRCUIT</b>	Develop confidence in the gym environment and enjoy exercising under the guidance of a qualified fitness instructor. The gym circuit session will help you improve metabolism, build strength and increase flexibility so that you can enjoy life to the fullest! Have fun whilst you improve your fitness and learn how to use the equipment in the gym.

### Etiquette

- 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 needs.
- Participants in Group Fitness must be 16 years or over.
- Please be sure to bring a towel and filled water bottle. Entry will not be permitted without a towel.
- Aqua participants need to be 13 years or over.
- No spectators are allowed in studios.
- Children are not allowed to be left unattended.