

Dry Group Fitness Class

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----|--|--|---|--|--|--------------------------------------|
| AM | | | | | | 8.30 – 9.30 YOGA Louise |
| | 9.00 – 9.40 YOUNG AT HEART Dani H | 9.00 – 9.40 YOUNG AT HEART Karen / Dani M | 9.00 – 9.40 YOUNG AT HEART Dani M | 9.00 – 9.40 YOUNG AT HEART Mary /Karen | 9.00 – 9.40 YOUNG AT HEART Pat | 9.30am PILATES Alma |
| | | | 9.45 – 10.30 STAYING ACTIVE Graham | | | |
| | 10.45 – 11.30 STAYING ACTIVE Dani H | 10.45 – 11.30 MIND BODY Karen /Dani M | | 10.45 – 11.30 MIND BODY Louise / Karen/Dani | | |
| PM | 5.15 – 6.00 STRONG AND TONED Alma | 5.30-6.30 YOGA Louise | 6.00 – 7.00 YOGA Beulah | 5.30 -6.30 YOGA Louise | | |
| | 6.00 – 7.00 PILATES Alma | 6.00 – 6.45 BOXING Graham | 6.00 – 6.45 GYM CIRCUIT Mary /Graham | | 6.00 – 6.45 GYM CIRCUIT Various | |

Aqua Group Fitness Class

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|---|--|---|---|--|--|--|
| AM | | | | | | 7.00 – 7.45 AQUA BLAST Mary/Pat | |
| | 9.45 – 10.30 AQUA COMBO Dani H | 9.45 – 10.30 AQUA COMBO Karen /Dani M | 9.45 – 10.30 AQUA SHALLOW Dani M | 9.45 – 10.30 AQUA ZUMBA Marlee | 9.45 – 10.30 AQUA COMBO Pat | | 9.30 – 10.15 AQUA COMBO Pat |
| | | | 10.45 – 11.30 Aqua Combo Graham | | 10.45 – 11.30 Aqua Combo Karen/Mary | | |
| PM | 7.00– 7.45 AQUA COMBO Lenna | 7.00– 7.45 AQUA COMBO Pat | 7.00– 7.45 AQUA COMBO Pat | 7.00– 7.45 AQUA COMBO Dani M | | | |

Instructors and classes are subject to change without notice.

| Class Descriptions | |
|-----------------------------------|---|
| AQUA BLAST | A HIIT (High Intensity Interval Training) style class to push your limits. If you are looking to challenge yourself, this is your jam! |
| AQUA SHALLOW | |
| AQUA DEEP | This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells. (Please note, Aqua Combo is a combination of Shallow and Deep) |
| AQUA COMBO | |
| AQUA ZUMBA | This fun class blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! |
| STRONG AND TONED | Be prepared to be challenged by a combination of strength and cardio exercises with a focus on core training. |
| GYM CIRCUIT | 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. |
| BOXING | A high intensity cardio workout using a variety of boxing techniques and drills. Build your endurance, strength and confidence in this high energy class. |
| YOGA | 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. |
| YOUNG AT HEART | 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. |
| STAYING ACTIVE GYM CIRCUIT | 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.