

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRENGTH & CONDITIONING 9.30am – 10.15am	EXPRESS SPIN 9.30am – 10am	H.I.I.T. 9.30am – 10am	STRENGTH & CONDITIONING 9.30am – 10.15am	EXPRESS SPIN 9.30am – 10am		
					SPIN & ABS 10am – 10.45am	
AQUA AEROBICS 11am – 11.40am		AQUA AEROBICS 11am – 11.40am		AQUA AEROBICS 11am – 11.40am		GOLDEN YEARS PILATES 11am – 11.45am
EXPRESS SPIN 6.15pm – 6.45pm	CIRCUITS 6.15pm – 6.55pm	BOXERCISE 6.15pm – 6.55pm	H.I.I.T. 6.15pm – 6.45pm	PILATES 6.15pm – 7pm		
PILATES 7pm – 7.45pm	AQUA AEROBICS 7pm – 7.40pm	SPINNING 7pm – 7.45pm	AQUA AEROBICS 7pm – 7.40pm			

Please wear comfortable clothing, arrive on time for your class, bring a small towel and bottle of water, and notify the instructor if any injuries, illnesses or pregnant.

- AQUA AEROBICS - is a pool based, low-impact group session. It gives you a good cardio workout, gently increasing your pulse & breathing rate which makes it great for keeping a healthy heart.
- BARS & BELL - warming up with dynamic mobility exercises followed by a 2-Day split workout using dumbbells and a weighted bar.
- H.I.I.T. – High Intensity Interval Training
- KETTLEBELLS – this full body session will work all your major muscle groups and will combine strength, flexibility and cardiovascular training.
- PILATES – a low-impact exercise method that focuses on strengthening core muscles, improving flexibility, enhancing posture and relieving lower back pain.
- GOLDEN YEARS PILATES – discover the joy of movement and build strength, flexibility, and overall well-being with gentle Pilates. Class suitable for over 60's.
- SPIN - a group indoor cycling class focusing on speed and endurance.
- STRENGTH & CONDITIONING - a wide range of exercises developed to build a variety of skills with a focus on strength, endurance, power, speed, agility and performance.