

# GROUP FITNESS TIMETABLE

Group Fitness Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:10	<b>BODY PUMP</b> Mel	<b>Yoga (6:30am)*</b> Alex	<b>BODY BALANCE</b> Katie	<b>BODY PUMP</b> Janny	<b>LES MILLS SPRINT</b> Mel	<b>BODY PUMP</b> Mel	
06:40				<b>LES MILLS CORE</b> Mel			
07:10	<b>LES MILLS CORE</b> Mel		<b>BODY BALANCE</b> Mandy		<b>BODY BALANCE</b> Kate		
08:30	<b>ACTIVE ADULTS</b> Claire	<b>ACTIVE ADULTS</b> Claire	<b>ACTIVE ADULTS</b> Andrea	<b>ACTIVE ADULTS</b> Izzy	<b>YIN YOGA</b> Debb	<b>LES MILLS RPM™</b> Tiz/Nicole	<b>BODY STEP</b> Tara
09:30	<b>BODY PUMP</b> Ash/Kylie	<b>RETRO DANCE</b> Debb	<b>BODY PUMP</b> Andrea	<b>BODY BALANCE</b> Michelle	<b>BODY PUMP</b> Mandy	<b>BODY PUMP</b> Andrea	<b>BODY BALANCE</b> Nicole/Kylie
10:30		<b>YOGA</b> Alex		<b>YOGA</b> Debb			
10:45	<b>ACTIVE ADULTS</b> Claire		<b>YIN YOGA</b> Debb		<b>ACTIVE ADULTS</b> Anne	<b>MOVE TO IMPROVE</b> Andrea	
11:45	<b>MAT PILATES</b> Claire	<b>ALL ABILITIES DANCE</b> Anne	<b>ACTIVE ADULTS</b> Anne	<b>ALL ABILITIES DANCE</b> Anne	<b>MAT PILATES</b> Claire		
12:30	<b>TAI CHI</b> Claire		<b>STRETCH</b> Michelle				
16:30	<b>BODY PUMP EXP</b> Katie	<b>BODY BALANCE EXP</b> Michelle	<b>BODY PUMP EXP</b> Katie	<b>BODY BALANCE EXP</b> Katie	<b>BODY PUMP EXP</b> Katie		
17:30	<b>BODY PUMP</b> Janny	<b>BODY STEP</b> Tara	<b>BODY PUMP</b> Katie		<b>YOGA</b> Katie		
18:00				<b>LES MILLS RPM™</b> Nicole			
18:40	<b>CARDIO BOXING</b> Mick	<b>LES MILLS RPM™</b> Kate	<b>BODY BALANCE*</b> Katie	<b>LES MILLS SPRINT™</b> Tiz	<b>CARDIO BOXING</b> Mick		

\*Please note these classes are temporarily being run in the Multipurpose Room

# FUNCTIONAL TRAINING

Gym Floor

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:10	C30 Strength	C30 Aerobic	C30 Power	C30 Cardio & Core	C30 Base		
07:30	C30 Strength	C30 Aerobic	C30 Power	C30 Cardio & Core	C30 Base	C30 Strength	
08:20	C30 Aerobic	C30 Power	C30 Cardio & Core	C30 Base	C30 Strength	C30 Strength	
09:20	C30 Strength	C30 Aerobic	C30 Power	C30 Cardio & Core	C30 Base	C30 Aerobic (9am)	
10:45	C30 Be Active Longer	C30 Be Active Longer	C30 Be Active Longer	C30 Be Active Longer	C30 Be Active Longer		
16:00	C30 Teen		C30 Teen		C30 Teen		
17:30	C30 Strength	C30 Aerobic	C30 Power	C30 Cardio & Core	C30 Base		
18:00	C30 Strength	C30 Aerobic	C30 Power	C30 Cardio & Core			
18:30		C30 Core					

# AQUA & HYDRO

## MAIN 50M POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00		<b>Aquafit</b> Tiz	<b>Aqua Deep</b> Kate	<b>Aqua Deep</b> Kate	<b>Aqua Mild</b> Tania		
08:30						<b>Aquafit</b> Sarsha	
08:45	<b>Aqua Mild</b> Nicole	<b>Aqua Mild</b> Tiz	<b>Aqua Mild</b> Tania	<b>Aqua Mild</b> Kate	<b>Aqua Mild</b> Tania		
19:00		<b>Aquafit</b> Tania		<b>Aquafit</b> Kath			

## HYDRO POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:45	<b>Warm Water</b> Nicole	<b>Warm Water</b> Tiz	<b>Warm Water</b> Tania	<b>Warm Water</b> Claire	<b>Warm Water</b> Tania		
10:30			<b>Warm Water</b> Tania				
11:00		<b>Hydrotherapy</b> <b>Group</b> EP's		<b>Hydrotherapy</b> <b>Group</b> EP's			
13:15	<b>Private Booking</b> Claire						
13:45	<b>Mum's &amp; Bubs</b> <b>Aqua</b> Claire						

# REFORMER *Pilates* TIMETABLE

REFORMER PILATES STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:10	Reformer Kate	Reformer Nicole	Reformer Beginner Nicole	Reformer Nicole			
07:10	Reformer Beginner Kate	Reformer Beginner Nicole	Reformer Nicole	Reformer Beginner Nicole	Reformer Issy		
08:30						Reformer Nicole/Monica	Reformer Nicole
09:30	Reformer Debb	Reformer Beginner Claire	Reformer Claire	Reformer Beginner Monica	Reformer Claire	Reformer Beginner Nicole/Monica	Reformer Nicole
10:30	Reformer Beginner Debb	Reformer Beginner Debb	Reformer Beginner Claire	Reformer Beginner Monica	Reformer Beginner Claire	Reformer Nicole/Monica	Reformer Beginner Nicole
16:30	Reformer Kobe	Reformer Beginner Issy	Reformer Jemima	Reformer Helen	Reformer Monica		
17:30	Reformer Beginner Kobe	Reformer Monica	Reformer Beginner Jemima	Reformer Helen	Reformer Beginner Monica		
18:30	Reformer Beginner Kobe	Reformer Monica	Reformer Jemima	Reformer Beginner Helen			

# GROUP FITNESS TIMETABLE

## **ACTIVE ADULTS - 45mins**

A low impact strength and aerobics class to keep your body moving, using simple routines, stretches, and light weights to improve strength and bone health.

## **ALL ABILITIES DANCE - 45mins**

A fun, inclusive dance class for all ages and abilities. Sing and move along to familiar tunes in a welcoming environment where everyone can join in and enjoy!

## **AQUAFIT - 45mins**

A non-impact water-based fitness class that uses a combination of exercises to increase cardio fitness, using noodles and/or aqua dumbbells to help shape and tone your entire body.

## **AQUA MILD - 45mins**

Improve muscle tone and keep fit with this great blend of cardio and resistance training. Aqua aerobics offers a gentle, low impact style of exercise for all ages and abilities.

## **BODY BALANCE - 55mins**

Body Balance is a Yoga, Tai Chi and Pilates based class that improves your mind, body and life. You'll strengthen your entire body and leave the class feeling calm, centred and happy.

## **BODY PUMP - 55mins**

Body Pump is a weight-based class that strengthens and tones your entire body to ensure you get results – fast. Body Pump challenges all of your major muscle groups by using strength exercises such as squats, presses, lifts and curls.

## **BODY STEP - 55mins**

Body Step is a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout!

## **CARDIO BOXING - 45mins**

A chance to take advantage of the intensity and quality of boxing training in a fun environment focussing on fighting for fitness.

## **CONNECT30 AEROBIC - 30mins**

Pump up your heart rate and enhance your overall fitness with durations of aerobic activity.

## **CONNECT30 BASE - 30mins**

A slower-paced, technique-focused class designed for beginners or anyone looking to refine their form on key lifts. Perfect for building a strong foundation and improving movement quality.

## **CONNECT30 BE ACTIVE LONGER - 30mins**

Low impact, functional exercises & movements applicable to real life to aid in increasing muscle & bone strength as well as cardiovascular health.

## **CONNECT30 CARDIO & CORE - 30mins**

A combination style of training that blends strength-based exercises with aerobic conditioning. Ideal for boosting overall health and fitness.

## **CONNECT30 STRENGTH - 30mins**

Strengthen and tone your entire body with a full-body resistance training class.

## **CONNECT30 POWER - 30mins**

Unleash your inner power with a resistance based full body strength class.

## **CORE - 30mins**

A strong core equals a strong body. Resistance tube, weight plate and body weight exercises that target the torso for any level of fitness.

## **DEEP WATER AQUA - 30 mins**

A deep-water workout using buoyancy belts, noodles and aqua dumbbells to boost cardio fitness while toning your whole body. Ideal for all fitness levels and gentle on the joints.

## **LES MILLS RPM™ - 50mins**

RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact, and you can burn up to 500 calories a session. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

## **LES MILLS SPRINT™ - 40mins**

Push your limits with this high intensity, low impact indoor spin workout. Alternate bursts of intensity with periods of rest to reach your fitness goals fast and burn calories for hours.

## **MAT PILATES - 45mins**

Pilates will help improve posture, core strength and flexibility which is great for injury prevention. Caters to all fitness levels with a combination of balance and floor work.

## **MOVE TO IMPROVE - 45mins**

Suitable for beginner to advanced participants, this low impact class combines aerobic moves with muscle toning exercises.

## **MUMS & BUBS AQUA - 30mins**

Mums and Bubs Aqua is a gentle, low-impact water workout designed for new mums and their babies. This class focuses on improving fitness, core strength and posture while bonding with your little one in a safe and supportive environment.

## **REFORMER PILATES - 45mins**

Reformer Pilates is a moderate intensity bodyweight style class using resistance springs and straps to sculpt and tone your body. The all-levels training delivered in a layered format, encourages flexibility, balance, co-ordination, core stability and strength.

**Reformer Plus Membership required.**

## **RETRO DANCE - 45mins**

Increase your heart rate and elevate your overall fitness through a freestyle cardio class. Every week offers something different and will get your heart pumping!

## **STRETCH - 45mins**

Stretch is a gentle, flexibility-focused class designed to release tension, improve mobility, and enhance posture. You'll increase range of motion, reduce muscle stiffness, and leave feeling relaxed, refreshed and recharged.

## **TAI CHI - 45mins**

This is a gentle, flowing practice that combines slow, mindful movements with deep breathing to improve balance, flexibility and inner calm.

## **WARM WATER AQUA - 30mins**

A gentle form of aqua exercise held in the hydrotherapy pool. The class is low intensity and has ramp access.

## **YIN YOGA - 55mins**

Yin Yoga works the tissues of our ligaments, joints, deep fascial networks and even our bones. It is a slow-paced style of yoga, incorporating postures that are held anywhere from 1 to 5 minutes, intended as a complement to more active forms of yoga & exercise.

## **YOGA - 50mins**

This class focuses on key postures and correct alignment, incorporates the yoga philosophy of combining movement with breath to allow you to feel the full benefits of a strong, healthy, and calm mind and body.