

Group Fitness Timetable

	Time	Class	Instructor
MONDAY	09.30 - 10.15	Cardio Blast	Lisa
	10.15 - 11.00	Total Body Workout	Lisa
	13.00 - 14.00	Tai Chi	John
	17.30 - 18.15	RPM	Richard
	18.00 - 19.00	Hi/Lo Aerobics	Davina
	18.15 - 19.00	RPM	Lisa
	19.00 - 19.45	Aqua Aerobics	Diane
	19.00 - 20.00	Step	Julie
	20.00 - 21.00	Tai Chi	Julie
TUESDAY	07.15 - 08.00	RPM	Perry
	09.30 - 10.15	Zumba	Julie
	10.15 - 11.00	Express Body Pump	Lisa
	17.30 - 18.15	Strength Conditioning	Paul
	18.15 - 19.00	Group Cycling	Paul
	18.15 - 19.00	Total Body Workout	Debbie
	19.00 - 19.45	RPM	Lisa
	19.00 - 20.00	Body Combat	Debbie
	20.00 - 21.00	Body Pump	Paul
WEDNESDAY	09.30 - 10.15	Tai Chi (Nifty Fifties)	Julie
	09.30 - 10.15	RPM	Lisa
	10.15 - 11.00	Tai Chi (Nifty Fifties)	Julie
	10.15 - 11.00	Group Cycling	Davina
	11.00 - 11.45	Aqua Aerobics	Davina
	13.00 - 14.00	Tai Chi	Davina
	18.00 - 19.00	Body Combat	Paul
	18.00 - 18.45	Group Cycling	Davina
	19.00 - 19.45	Aqua Aerobics (Large Pool)	Zoe
	19.00 - 19.45	Group Cycling	Debbie
	19.00 - 20.00	Legs Bums Tums	Davina
	19.45 - 20.30	Aqua Aerobics (Small Pool)	Zoe
20.00 - 21.00	Zumba	Julie	
THURSDAY	09.30 - 10.15	Aerotone	Tash
	10.15 - 11.00	Express Body Combat	Tash
	13.00 - 14.00	Pilates	Davina
	17.55 - 18.55	Body Pump	Lisa
	18.00 - 18.45	Group Cycling	Priscilla
	19.00 - 19.45	RPM	Lisa
	19.00 - 20.00	Tai Chi (Creche)	John
	19.00 - 20.00	Body Combat	Debbie
	20.00 - 20.45	Legs Bums Tums	Julie
	20.45 - 21.30	Salsacise	Julie
FRIDAY	07.15 - 08.00	RPM	Perry
	09.30 - 10.15	Step	Lisa
	10.15 - 11.00	Legs Bums Tums	Lisa
	11.15 - 12.15	Body Balance	Davina
	13.00 - 14.00	Tai Chi	John
	17.00 - 18.00	Body Balance	Sharon
	18.00 - 18.45	Group Cycling	Debbie
	18.00 - 19.00	Circuit Training (Sports Hall)	Lee
SATURDAY	08.15 - 09.15	Tai Chi	John
	09.30 - 10.30	Body Combat	Nova / Paul
	10.30 - 11.15	Express Body Pump	Nova / Paul
	10.30 - 11.15	RPM	Perry
SUNDAY	08.00 - 08.45	Group Cycling	Priscilla
	09.30 - 10.30	Circuit Training	Lexi
	15.00 - 15.45	Group Cycling	Lexi

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STRENGTH AND CONDITIONING

LEGS BUMS TUMS - Low Impact conditioning class incorporating squats, lunges, & floorwork targeting areas from the waist down.

BODY CONDITIONING - As above with a mix of low impact exercises, with the use of hand weights, bands & body bars. May incorporate some aerobic moves.

CIRCUITS - A moderate/high intensity circuit class with timed interval exercises at multiple stations, to help improve cardiovascular fitness & muscular strength & endurance.

BODYPUMP - Uses a specifically designed barbell system & incorporates weights into a pre choreographed workout.

AQUAFIT - A water based aerobic class ideal for those with joint problems or injuries.

CARDIOVASCULAR

STEP - A high intensity fat burning class.

A choreographed workout on a step platform designed to improve your cardiovascular fitness, & tone up your lower body.

SPIN - An indoor cycling class tailored to your own level, to help improve your cardiovascular fitness.

RPM - An indoor cycling class with pre-choreographed routines & dynamic music. Challenging your cardiovascular fitness & lower body strength.

BODY COMBAT - A pre choreographed high intensity workout with a range of self disciplines including Karate, Kick boxing & Tai-chi.

HI/LO AEROBICS - A exercise to music class, incorporating toning exercises.

HOLISTICS

BODY BALANCE - A pre choreographed dynamic class, incorporating Yoga, Tai-Chi & Pilates. Improves joint mobility, flexibility, & range of motion, core strength & posture. Please remove shoes & socks prior to the workout.

TAI-CHI - A martial art based class to improve powers of mental concentration & body control. Helping to conserve & increase your energy flow.