

Group Fitness Timetable

Day	Time	Class Type	Location
Monday	10.00am	Legs Bums Tums	Studio
	11.00am	*Zumba	Studio
	10.30am	Deep Water Aqua fit	Pool
	12.40pm	RPM	Health Suite
	1.00pm	Nifty Fifties	Studio
	5.00pm	Body Conditioning	Studio
	6.00pm	Total Body Workout	Studio
	7.00pm	Body Balance	Studio
	7.15pm	Shallow Water Aqua fit	Pool
	8.00pm	Circuits	Studio
8.00pm	RPM	Health Suite	
Tuesday	7.30am	Spin	Health Suite
	10.00am	Fab Ab	Studio
	11.00am	Step & Tone	Studio
	12.30pm	Shallow Water Aqua fit	Pool
	6.00pm	Circuits	Studio
	7.00pm	Body Combat	Studio
	7.00pm	Pilates	Crèche
	8.00pm	Legs Bums Tums	Studio
	8.00pm	Spin	Health Suite
	8.00pm	Judo	Sports Hall
Wednesday	10.00am	Body Pump	Studio
	11.00am	Body Balance	Studio
	1.00pm	Nifty Fifties	Studio
	6.00pm	Body Pump	Studio
	7.00pm	Body Jam	Studio
	7.00pm	Kung-Fu	Sports Hall
	7.30pm	Shallow Water Aqua fit	Pool
	8.00pm	Hi/Lo Aerobics	Studio
	8.30pm	RPM	Health Suite
Thursday	9.30am	Pilates	Studio
	10.30am	Deep Water Aqua fit	Pool
	5.30pm	Fab Abs	Studio
	6.00pm	RPM	Health Suite
	6.15pm	Step	Studio
	7.10pm	Body Balance	Studio
	8.10pm	Body Pump	Studio
	8.00 – 10.00pm	Kung-Fu	Sports Hall
	Friday	10.00am	Hi/Lo Aerobics
11.00am		Body Balance	Studio
12.30pm		Shallow water Aqua fit	Pool
12.30pm		Tai-Chi	Studio
1.30pm		Tai-Ch	Studio
6.00pm		Circuits	Sports Hall
Saturday	9.30am	Body Pump	Studio
	10.30am	Pilates	Studio
	10.30am	Spin	Health Suite
	11.30am	*Zumba	Studio
	12.30pm	*Karate	Studio
Sunday	10.00am	Tai-Chi	Crèche
	10.00am	Body Combat	Studio
	11.00am	Body Balance	Studio

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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.

TOTAL BODY WORKOUT - A low impact class designed to give your body a complete workout with the option to use steps, 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.

FAB ABS - A circuit based class with specific abdominal & back exercises to help improve core strength.

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.

BODYJAM - A new generation dance class, with a mixture of dance & aerobic moves. This workout includes the latest sounds of hiphop, funk & latin music.

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.

PILATES - A mat based workout to improve core strength agility & strengthen muscles.

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