

# Group Fitness Timetable

## COURT GARDEN LEISURE COMPLEX

<b>MONDAY</b>	9.00am-1.00pm	50 +
	9.30am-10.15am	Aqua
	9.45am-10.45am	Spinning
	6.00pm-7.00pm	Spinning
	7.30pm-8.30pm	Spinning
<b>TUESDAY</b>	8.00pm-9.00pm	Circuits
	9.30am-10.30am	LBT
	10.30am-11.30am	Pilates*
	6.00pm-7.00pm	LBT
<b>WEDNESDAY</b>	7.00pm-7.45pm	Aqua
	7.00pm-8.00pm	Spinning
	6.45am-7.30am	Spinning
	9.15am-10.00am	Aqua
	11.30am-12.30pm	Pilates*
	1.00pm- 2.00pm	Tai-Chi**
	2.15pm-3.15pm	Tai-Chi**
	6.00pm-7.00pm	Spinning
	6.00pm-7.00pm	Step
7.00pm-8.00pm	Sculpt	
<b>THURSDAY</b>	7.00pm-8.00pm	Pilates*
	7.30pm-8.30pm	Spinning
	9.45am-10.45am	Sculpt
	10.45am-11.30am	Pure Abs
	6.30pm-7.15pm	Pure Abs
	6.00pm-7.00pm	Spinning
<b>FRIDAY</b>	7.30pm-8.30pm	Spinning
	8.15pm-9.00pm	Aqua
	9.30am-10.30am	LBT
<b>SATURDAY</b>	9.45am-10.30am	Aqua
	6.15pm-7.15pm	Spinning (starts 23rd April)
<b>SUNDAY</b>	9.00am-10.00am	Spinning
<b>SUNDAY</b>	9.00am-9.45am	Aqua
	10.00am-11.00am	Spinning

\*5/7 week course

\*\*10 week course

# Group Fitness Timetable

## Class Descriptions

**Aerobics** - The original and maybe still the best!

**Aqua** - A safe and effective workout in water that will keep you fit and toned.

**Boxercise** - A fantastic fitness workout using techniques inspired by boxing.

**Boxing Circuits** - A strong circuit class using boxing techniques for this ultimate workout.

**Cardiac Rehab** - A session of appropriate exercise led by clinical exercise specialists for individuals with coronary heart disease.

**Cardio Kick** - Apply some light kickboxing for a great legs and bum workout.

**Circuits** - A class that has it all-fitness, toning, and even a little strength endurance! Every station is a new challenge.

**Cardio Boxing Circuits** - A cardio combat warm-up followed by boxing moves using punch bags and focus mitts.

**LBT (Legs, Bums and Tums!)** - A low impact class that focuses on those priority areas!

**Mind and Body** - Gently stretch and tone your muscles.

**Pilates** - Focuses on the core postural muscles which help keep the body balanced.

**Power Skip** - An intensive CV workout with 30 minutes of constructive skipping.

**Pure Abs** - A class designed to define, shape and flatten those abs fast.

**Sculpt** - Get fast results using weights to tone and condition.

**Spinning** - A high-energy indoor cycling class integrating, music, camaraderie and visualisation.

**Step** - A lively fitness-based class using the step to tone the lower body and burn calories.

**Tai-Chi** - Improve balance and core stability using your inner energy.

**Yoga** - Relax and unwind while perfecting your postures.