



Class timetable

Commencing January 24th 2024

Monday	Aerobics 9:25-10:20	Yoga-Lates 10:30-11:30	Express Bike-Fit 12:15-12:45	HIIT 13:00-13:30	Bike-Fit 18:00-18:45	Pilates 19:00-20:00
Tuesday	Body Conditioning 9:30-10:25	PiYo 10:30-11:30	Chair Mobility 11:00-11:30	Vinyasa Yoga 11:45-12:45	Circuits 13:00-13:30	Yoga-Lates 16:00-17:00
	Bike-Fit 18:15-19:00	Attack 19:05-19:50	Yoga Stretch 20:00-21:00			
Wednesday	Zumba 9:50-10:50	Step 10:55-11:55	Aqua 11:00-11:45	Express Bike-Fit 12:15-12:45	Legs, Bums & Tums 13:00-13:30	Tai Chi 18:00-18:30
	Bike-Fit 18:15-19:00	Yin Yoga 19:15-20:15				
Thursday	Bike-Fit 06:45-07:30	Stride Fitness 09:30-10:30	Aqua 10:35-11:20	Fitness Pilates 10:45-11:45	Deep Stretch 13:00-13:30	Total Pump 18:00-19:00
	Pilates 19:15-20:15					
Friday	Total Pump 09:30-10:30	Aqua 10:35-11:20	Kick-Fit 11:15-12:00	Circuits 13:00-13:30		
Saturday	Combat 8:15-09:00	Bike-Fit 09:15-10:00	FitSteps 10:00-11:00			
Sunday	Pilates 08:45-09:45	Pilates 10:00-11:00	Core 11:15-11:45			

- Classes must be pre booked (Members seven days & Non-members three days in advance)
- Please cancel your booking if you cannot attend. Three no shows will result in a loss of booking privileges for the next seven days.
- Late arrivals will not be allowed into the class.
- Class timetables are always under review and are subject to change.
- Please bring your own water bottle.

■ -Strength
 ■ -Cardio
 ■ -Mind/Body
 ■ -Pool





Class Descriptions

Aerobics	Exciting choreography using body weight moves, providing a full body workout.	PiYo	A low impact, dynamic class that combines the benefits of pilates and yoga
Bike-Fit/ Express Bike	High intensity group cycling to music. Burn calories and improve your fitness.	Vinyasa Yoga	A challenging mix of yoga poses to target every area of your body, suited to all levels.
Fitsteps	An energetic, upbeat dance fitness class.	Fitness Pilates	Based on the principles of traditional pilates. Functional exercises for everyday life.
Kickfit	A high intensity blend of boxing and kickboxing with pads.	Aqua	A water-based fitness class with an effective , low impact range of dynamic exercise.
Stride Fitness	A dynamic low impact class based around simple walking exercises.	Chair Mobility	A chair based exercise class working on basic mobility movements.
Step	A classic cardio-aerobic workout; stepping up, around, and down from the platform to increase strength, endurance, toning and weight loss.	Circuits	High intensity full body training - improve cardiovascular fitness and move muscle.
Zumba	Burn calories, tone and have fun with this dance based exercise class, designed to get your heart rate up.	Legs, Bums & Tums	An aerobic workout targeting the lower body and core.
Attack	Attack is a choreographed high energy, athletic and aerobic workout focused on cardio, strength, power and agility.	Body Conditioning	A full body workout involving muscular strength and endurance.
Yoga Stretch	Combining physical postures, movement, breathing techniques and relaxation.	HIIT	An aerobic workout focusing on short bouts of intense exercise.
Yin-Yoga	A wellness class focussed on healing, relaxation and recovery. A gentle style of yoga, Yin offers emotional and mental wellbeing benefits.	Core	A circuit style workout focusing on core stability and strengthening.
Tai Chi	Tai Chi and Qigong Form class focusing on relaxation, meditation and balance with a focus on wellbeing.	Total Pump	Resistance training using free weights, barbells and steps for a total body workout.
Yoga-Lates	A combination of yoga and pilates; strengthen your core, improve your posture and wellbeing	Combat	A cardio-based, non-contact high energy class using punch, kick and strike moves.
Pilates	Conditioning exercises to improve core strength, flexibility, posture, and movement awareness.		
Deep Stretch	A dynamic and effective stretch class, to improve your mobility and flexibility		