

# Group Fitness Timetable

## Summer 2024

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Step	Body Pump	Power Blast	Step	HIIT Step (6:15am)		
	8:15am	Seniors Movers		Seniors Movers		Seniors Movers	Mat Pilates (8:30am)	
	9:30am	Senior Movers (9:15am)	BoxFit	Step	Body Pump (9:15am)	Mat Pilates	Body Pump	
	9:45am		Seniors Strength		Seniors Strength			TONE (10:00am)
	10:30am	Body Pump	Seniors Strength (10:45am)	Senior Movers	Seniors Strength (10:45am)	Seniors Movers	Step	Body Balance
					Yoga			
	11:15am				Seniors Strength			
	4:15pm		Teen Gym (4:00pm)		Teen Gym			Zumba (3:00pm)
	6:00pm	Body Balance	Step	BoxFit	Body Pump	TONE		
7:00pm	Zumba	Body Pump	Body Balance		Zumba			

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00am	Aqua	Aqua	Aqua 50m	Aqua	Aqua		Salti 50
	11:40am	Aqua		Aqua		Aqua	Salti 50 (10:00am)	
	2:00pm		Aqua		Aqua			
	7:15pm	Aqua	Aqua 50m	Aqua	Aqua 50m			

Functional Interval Training		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	FIT	FIT		FIT	FIT		
	9:00am						FIT	FIT
	10:00am	FIT		FIT		FIT		
	4:00pm						FIT	FIT
	6:00pm	FIT	FIT	FIT	FIT	FIT		

# Class Descriptions

## **Abs & Glutes**

If you are tired of doing the same basic crunches, Abs & Glutes will lead you through a variety of effective exercises designed to work the entire abs and glutes area.

## **Aqua**

With this unique and sociable workout which eliminates much of the impact and gravitational stress, you get fit while the water takes your weight.

## **Body Balance**

The holistic Yoga, Tai Chi, Pilates workout that builds your flexibility and strength while leaving you feeling centered and calm. Controlled breathing, concentration and a structured series of moves help you achieve a state of harmony and balance.

## **Body Pump**

The original barbell class that strengthens your entire body. This workout challenges all major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

## **HIIT Circuit**

An innovative 30-minute HIIT (high intensity interval training) class using only your body weight. Choreographed to bespoke House DJ soundtracks to keep the energy high and push you to new limits.

## **Teen**

A fun filled, challenging, team based indoor and outdoor workout. Designed for teens aged 12 - 15 years as an introduction to the gym and effective workouts.

## **MetaFit**

This is the ultimate 30-minute body weight only, non-choreographed, high intensity interval training (HIIT) workout.

## **Pilates**

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.

## **Senior Movers**

A rejuvenating class focused on enhancing longevity through balance and strength training. Tailored for adults seeking to maintain vitality and wellbeing, this program combines balance exercises with cardio & strength-building activities to improve stability, muscle endurance, and bone health. Perfect for anyone looking to exercise supportive, community-focused environment.

## **Sh'Bam**

An insanely addictive group dance class, featuring fun, simple yet sassy dance moves, all set to a party playlist.

## **Skillrow**

The first indoor rowing machine capable of improving anaerobic power, aerobic capacity and neuromuscular abilities thanks to its sport-specific design, exclusive technology and performance-orientated workouts.

## **Functional Interval Training (FIT)**

The sports inspired cardio workout that builds your strength and stamina. This high intensity interval training class combines athletic aerobic movements with strength and endurance exercises to help achieve your fitness goals.

## **Strength & Core**

A full body workout combining weight and band resistance training along with floor work to improve upper body, lower body and core strength.

## **Yoga**

The foundation yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and mediation are also integrated.

## **Zumba**

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people towards joy and health.