

## SUMMER TIMETABLE

effective 29 October 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am	Swim Squad 90mins				Swim Squad 90mins		
5.45am	Morning Blast 45mins	Morning Blast 45mins	Morning Blast 45mins	Morning Blast 45mins			
7.30am	Active Aqua 55mins	Strong heart, strong body 55mins	Active Aqua 55mins	Stretch & Mobilise 55mins	Active Aqua 55mins	Circuit 55mins	Circuit 55mins
	Swim Squad 90mins		Swim Squad 90mins		Swim Squad 90mins		Aqua H2O 55mins
8.30am	Aqua 55mins	Aqua 55mins	Aqua 55mins	Aqua 55mins	Aqua 55mins		Aqua 55mins
8.45am	Circuit Blast 45mins		Circuit Blast 45mins		Circuit Blast 45mins		
9.00am	Swim Squad 90mins		Swim Squad 90mins		Swim Squad 90mins		
9.30am		Aqua Deep 55mins		Aqua Deep 55mins		Aqua 55mins	
9.45am	Strong heart, strong body 55mins	Circuit 55mins	Strong heart, strong body 55mins	Circuit 55mins	Strong heart, strong body 55mins		
11.00am		Stretch & Mobilise 55mins		Pilates 55mins			
5.30pm	Sunset Aqua 55mins	Swim Squad 5.30pm - 6.30pm	Sunset Aqua 55mins	Swim Squad 5.30pm - 6.30pm			
	Circuit 55mins		Circuit 55mins				

# CLASS DESCRIPTIONS

## **Swim Squad**

Improve your technique, speed and fitness through drills, skill sets and stroke development. Caters for all swimming abilities including mature age and amateur athletes.

## **Morning Blast**

A class to wake you up with high-intensity interval training and challenging resistance exercises. Always different, always fun - start your day with a blast!

## **Circuit**

Different every day, this class will tone your body, push you that little bit further, and lift your strength and fitness to new heights. Get fit and strong while having fun.

## **Circuit Blast**

Condense a classic Circuit class into 45mins and you get Blast: Circuit in fast forward! Perfect for the busy participant, a go-hard-and-go-home class that will leave you sweating and hurting - in a good way!

## **Strong heart, strong body**

Aimed at the over 60's, this class will increase your aerobic capacity as well as build muscle . Essential exercises to improve your strength, stability and functionality in day-to-day activities.

## **Stretch & Mobilise**

Increase your flexibility and range of motion with this class focused on helping you move without restriction. Improve your posture, mobility and sports performance. A must for all ages and abilities.

## **Pilates**

A mat-based whole body workout that will challenge your co-ordination, core strength and balance through slow and controlled movements. You will leave stronger and more energised.

## **Aqua**

Traditional Aqua class applying the water's resistance using different equipment. All ages and fitness levels welcome. 25m pool.

## **Active Aqua**

More intense workout aimed at the younger and fitter participant. Great for burning fat and strengthening the body. 25m pool.

## **Aqua Deep**

Make the most of the benefits of deep water with this challenging class. Buoyancy belts and noodles used. 50m pool.