

AUTUMN TIMETABLE

effective 4 March 2019

Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am	Active Aqua		Active Aqua		Active Aqua		Aqua H ₂ O
8.30am	Aqua	Aqua	Aqua	Aqua	Aqua		Aqua
9.30am		Aqua Deep		Aqua Deep		Aqua	
5.30pm	Sunset Aqua		Sunset Aqua				

Squad

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am	Swim Squad 90mins				Swim Squad 90mins		
7.30am	Swim Squad 90mins		Swim Squad 90mins		Swim Squad 90mins		
9.00am	Swim Squad 90mins		Swim Squad 90mins		Swim Squad 90mins		
5.30pm		Swim Squad 60mins		Swim Squad 60mins			

Gym

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5.45am	Morning Blast	Morning Blast		Morning Blast	Morning Blast			
6.30-7.30am	No classes							
7.30am	Strong heart, strong body	Strong heart, strong body	Strong heart, strong body	Stretch and Stabilise	Circuit	Circuit	Circuit	
8.15-9.00am	No classes							
9.00am	Circuit	Circuit	Circuit	Circuit	Strong heart, strong body			
10.00am		Stretch and Mobilise		Pilates				
5.30pm			Circuit					

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 - a go-hard-and-go-home class to 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. Medium intensity level.

Strong heart, strong body

Aimed at those new to exercise, this entry-level class will increase your aerobic capacity as well as build muscle. Basic exercises to improve your strength, stability and functionality in day-to-day activities.

Stretch & Stabilise/Mobilise

Increase your stability and range of motion. Improve your posture, feel lighter, and move without restriction in your day-to-day activities and workouts. Tuesday's class uses foam rollers as well as classic stretching to release tension and limitation. Thursday has a strong balance component.

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.