

GROUP FITNESS TIMETABLE

effective 1 September 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	

Squad

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am	Swim Squad 90mins		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			
6.30-7.30am	No classes						
7.30am	Strong heart, strong body	Activate	Strong heart, strong body	Activate	Strong heart, strong body	Circuit	
8.15-9.00am	No classes						
9.00am	Circuit	Circuit	Circuit	Circuit	Circuit		
9.30am							Circuit
10.00am	Activate			Activate	Activate		
11.00am onwards	No classes						
5.30pm			Activate				

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!

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 daily activities.

Circuit

Different every day, this medium-intensity 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.

Activate

A mainly mat-based whole-body workout that will challenge your core, balance and strength through controlled movements. Lengthening and strengthening exercises will increase your stability and range of motion, improve your posture, release tension and allow you to move freer in your day-to-day activities. You will leave feeling stronger, lighter and more centred and 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.

Aqua H₂O

More intense Aqua workout using "Gymsticks" to add a strong resistance component to the traditional Aqua class. Join Linda for an early start to your Sunday and feel great for the rest of the day!