

## GROUP FITNESS TIMETABLE

effective 4 November 2019

### **Aqua**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am	Active Aqua		Active Aqua		Active Aqua		Aqua H <sub>2</sub> 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			
6.30-7.30am	No classes						
7.30am	Strong heart, strong body	Strong heart, strong body	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			
11.00am-3.00pm	No classes						
3.00pm		Teen Gym		Teen Gym			
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!

### **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, 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 H<sub>2</sub>O**

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

### **Sunset Aqua**

Shallow Aqua class catering for beginner to advanced. Watch the sun set over the pools as you exercise the day's stress away. 25m pool.

### **Teen Gym**

Ten week strength training program for 13-17 year olds supervised by a specialised Strength and Conditioning coach. Join up for the term or try a casual session first. All fitness levels welcome.