

GROUP FITNESS TIMETABLE

effective 20 July 2020

Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am	Active Aqua		Active Aqua		Active Aqua		Aqua H2O
8.30am	Aqua	Aqua	Aqua	Aqua	Aqua		Aqua
9.30am		Aqua Deep		Aqua Deep		Aqua	
10.00am		Ageing Well program (28/7-29/9)					

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		Note 7.30am start time Saturdays!	
7.00am	Strong heart, strong body	Strong heart, strong body	Strong heart, strong body	Activate	Strong heart, strong body	7.30am Circuit	
9.00am	Circuit	Activate	Circuit	Circuit	Circuit		
10.00am		Ageing Well program (11/8, 1/9 and 22/9 only)					

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 flexibility 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 yourday-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 H2O

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! (Maximum 20 participants)

Ageing Well Noosa

Ten week pre-paid program for seniors new to exercise. Not open to members.

