

# GROUP FITNESS TIMETABLE

commencing 26 October 2020

## Aqua

| Time   | Monday      | Tuesday                | Wednesday              | Thursday  | Friday      | Saturday | Sunday   |
|--------|-------------|------------------------|------------------------|-----------|-------------|----------|----------|
| 6.30am |             | Sunrise Aqua<br>45mins | Sunrise Aqua<br>45mins |           |             |          |          |
| 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     |          |
| 5.30pm | Sunset Aqua |                        | Sunset Aqua            |           |             |          |          |

all classes 50mins

## Squad

| Time   | Monday               | Tuesday              | Wednesday            | Thursday             | Friday               | Saturday | Sunday |
|--------|----------------------|----------------------|----------------------|----------------------|----------------------|----------|--------|
| 5.30am | Swim Squad<br>90mins |                      |                      |                      | Swim Squad<br>90mins |          |        |
| 7.30am | Swim Squad<br>90mins |                      | Swim Squad<br>90mins |                      | Swim Squad<br>90mins |          |        |
| 9.00am | Swim Squad<br>90mins |                      | Swim Squad<br>90mins |                      | Swim Squad<br>90mins |          |        |
| 5.30pm |                      | Swim Squad<br>60mins |                      | Swim Squad<br>60mins |                      |          |        |

## Gym

| Time   | Monday                                 | Tuesday                 | Wednesday                              | Thursday                | Friday                                 | Saturday          | Sunday |
|--------|--|-------------------------|--|-------------------------|--|-------------------|--------|
| 5.45am |  | Morning Blast<br>45mins |  | Morning Blast<br>45mins |  |                   |        |
| 7.30am | Strong heart,<br>strong body<br>45mins | Activate<br>45mins      | Strong heart,<br>strong body<br>45mins | Activate<br>45mins      | Strong heart,<br>strong body<br>45mins | Circuit<br>55mins |        |
| 9.00am | Circuit<br>55mins                      | Circuit<br>55mins       | Activate<br>55mins                     | Circuit<br>55mins       | Circuit<br>55mins                      |                   |        |
| 3.00pm | Teen Gym<br>90mins                     | Teen Gym<br>90mins      | Teen Gym<br>90mins                     | Teen Gym<br>90mins      |  |                   |        |

## **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 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 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)

### **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.

### **Sunrise Aqua**

Blast into your day with a 45 min class to rev up your metabolism, work your muscles in the forgiving environment of the water and start your morning on a high. 25m pool.

### **Teen Gym**

Strength, fitness and mobility program for 13-16 year olds supervised by a specialised Strength and Conditioning coach. All fitness levels welcome.