

# GROUP FITNESS TIMETABLE

commencing 5 July 2021

## Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am		Sunrise Aqua 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	
11.00am		off-peak Aqua		off-peak Aqua			

all classes 50mins

## 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 45mins					
7.30am	Strong heart, strong body 45mins	Activate 45mins	Strong heart, strong body 45mins	Activate 45mins	Strong heart, strong body 45mins	Circuit 55mins	
9.00am	Circuit 55mins	Circuit 55mins	Activate 55mins	Circuit 55mins	Circuit 55mins		
3.00pm	Teen Gym 90mins	Teen Gym 90mins	Teen Gym 90mins	Teen Gym 90mins			
4.30pm		Strength and Core 45mins		Strength and Core 45mins			

## **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.

### **Strength and Core Circuit**

Two new Circuit classes Tuesday and Thursday afternoons at 4.30pm. These 45min sessions will give you a full-body workout with stations for different muscle groups including your abdominals. Come and join Riley or Kirsten for a fun afternoon to make you stronger and still be home for dinner.

### **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)

### **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.