

GROUP FITNESS TIMETABLE

Commencing 1 November 2021

New Classes ■

Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am		Sunrise Aqua 45mins	Aqua Zumba 45mins	Aqua Circuit 45mins			
7.30am	Active Aqua		Active Aqua		Active Aqua		Aqua H2O
8.30am	Aqua	Aqua	Aqua	Aqua	Aqua	Active Aqua	Aqua
9.30am		Aqua Deep		Aqua Deep		Aqua	
5.30pm	Sunset Aqua		Sunset Aqua				

all classes 50mins unless stated otherwise

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 45mins		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 interval training and challenging resistance exercises. Always different, always fun, a go-hard-and-go-home class to start your day with a blast! Not suitable for beginners.

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. Great for beginners.

Circuit

Different every day, this challenging 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. Not suitable for beginners due to more complex moves and higher intensity.

Activate

A mainly mat-based slow-pace class 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. Great for beginners.

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 lots of abdominal exercises. Come and join Diyan or Kirsten for a fun afternoon of strength and core and still be home in time 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. strengthening 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!

Aqua Circuit

NEW! Join Linda for an Aqua class with a difference. Featuring 3 equipment areas (buoyancy, drag and no equipment) with 4-8 exercises, each exercise is performed for a set time followed by a short recovery. A fun way to start the day!

Aqua Zumba

Aqua Zumba combines the South American Zumba rhythm and dance steps with a pool party. A fun but challenging workout to kick-start your day with some Latin fever.

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.

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

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