

GROUP FITNESS TIMETABLE

Commencing 3 May 2022

Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am		Sunrise Aqua 45mins					
7.30am	Aqua	Aqua Zumba	Aqua	Aqua Circuit	Aqua		Aqua Strength
8.30am	Aqua	Aqua	Aqua	Aqua	Aqua	Aqua	Aqua
9.30am		Aqua Deep	Aqualates	Aqua Deep		Aqua	
11.00am	off-peak Aqua		off-peak Aqua				

all classes 50mins unless stated otherwise

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		
11.00am		off-peak Squad 60mins		off-peak Squad 60mins			
5.30pm		Swim Squad 60mins		Swim Squad 60mins			

Gym

Levels
L1 Beginner
L2 Intermediate
L3 Advanced

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am	Strong heart, strong body 45mins L1	Activate 45mins L1	Strong heart, strong body 45mins L1	Activate 45mins L1	Strong heart, strong body 45mins L1	Circuit 55mins L3	
9.00am	Circuit 55mins L2	Circuit 55mins L3		Circuit 55mins L3	Circuit 55mins L2		
3.00pm	Teen Gym 90mins	Teen Gym 90mins	Teen Gym 90mins	Teen Gym 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.

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.

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.

Aqua

Traditional Aqua class applying the water's resistance using different equipment. All ages and fitness levels welcome. 25m pool.

Aqualates

NEW!!! Pilates-style session with the goal of strengthening your core. In addition to being an intense, calorie-burning workout, Aqualates enhances coordination, mobility, stability, endurance, and balance. 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 Strength

A 50min class using Aquatic resistance equipment to ensure a fantastic workout for all the muscles in your body. 25m pool

Aqua Circuit

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.

Teen Gym

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