

Timetable



NAC Group Fitness

Summer 2023

AQUA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0630		Sunrise Aqua	Aqua Zumba	Aqua Circuit			
0730	Aqua		Aqua		Aqua		Aqua Strength
0830	Aqua	Aqua	Aqua	Aqua	Aqua	Aqua	Aqua
0930		Aqua Deep		Aqua deep		Aqua	

SQUAD

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0515	Swim Squad		Swim Squad		Swim Squad		
0730	Swim Squad		Swim Squad		Swim Squad		
0900	Swim Squad		Swim Squad		Swim Squad		
1100		Swim Squad		Swim Squad			
1730		Swim Squad		Swim Squad			

GYM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0545		Morning Blast L2		Morning Blast L2			
0730	Strong Heart, Strong Body L1	Activate L1	Strong Heart, Strong Body L1	Activate L1	Brain Fry-day L1	Circuit L2	
0900	Circuit L2	Circuit L3	Circuit L2	Circuit L3	Circuit L2		
1500	Teen Gym	Teen Gym	Teen Gym	Teen Gym			

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NAC Class Descriptions

Swim Squad - 90mins

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 - 45mins/Level 1

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 - 55mins

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 - 45mins/Level 1

A stretch class combining mobility, stability, and flexibility exercises to increase your range of motion, improve your posture and release tension. Foam rollers are sometimes used.

Brain Fry-Day - 45mins/Level 1

Challenge yourself! Exercises that test your brain during movement are proven to help prevent or slow down loss of cognitive function.

Sunrise Aqua - 50mins

Blast into your day with a 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 - 50mins

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

Aqua Deep - 50mins

Make the most of the benefits of deep water with this challenging class. Buoyancy belts and noodles used. 50m pool.

Aqua Strength - 50mins

The use of Aquatic resistance equipment ensures a fantastic workout for your whole body. 25m pool.

Aqua Circuit - 50mins

An aqua class with a difference, featuring a variety of exercises to raise your heart rate and build strength. A fun way to start the day. 25m pool.

Aqua Zumba - 50mins

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! 25m pool.

Teen Gym - 120mins

Supervised strength, fitness and mobility program for 13-16 year olds introducing teenagers to safe and effective training in a fun and friendly environment.
