

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		
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		Strong Heart, Strong Body 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			

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

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 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 - 50mins

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 - 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

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

Aqua Circuit - 50mins

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 - 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.

Teen Gym - 120mins

Strength, fitness and mobility program for 13-16 year olds. All fitness levels welcome.

Brain Fry-Day - 45mins/Level 1

Challenge your brain with exercise that, make you think. Combining movement and cognitive junction is proven to be the best way to slow down decline.