

Timetable



NAC Group Fitness

Winter 2024

AQUA

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

SQUAD

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0530	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		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			

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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.

Circuit - 55mins / Level 2 or 3

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. Mon, Wed, Fri, Sat level 2. Tue, Thu level 3

Morning Blast - 45mins / Level 2

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

Sunrise Aqua - 50mins

Blast into your day with a 45min 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 / Sunrise 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!

Aqua Zumba - 50mins

Aqua Zumba combines the South American rhythm and dance steps with a pool party vibe. 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

Specifically designed exercises combine innovative physical movements with cognitive stimulation to optimally benefit brain function. This class can help improve memory, strength, energy, and mood.