

# Timetable

## NAC Group Fitness



May 2025

### AQUA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am		Sunrise Aqua		Active Aqua			
7.30am	Aqua		Aqua	Aqua Zumba	Aqua	Aqua	Aqua Strength
8.30am	Aqua	Aqua	Aqua	Aqua	Aqua	Aqua	Aqua
9.45am		Aqua Deep		Aqua Deep			

### SQUAD

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am	Swim Squad		Swim Squad		Swim Squad		
7.30am	Swim Squad		Swim Squad		Swim Squad		
9.00am	Swim Squad		Swim Squad		Swim Squad		
5.30pm		Swim Squad		Swim Squad			

### GYM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am		Morning Blast L2		Morning Blast L2			
7.30am	Strong Heart, Strong Body L1	Strong Heart, Strong Body L1	Strong Heart, Strong Body L1		Brain Fry-day Circuit L1	Circuit L2	
9.00am	Circuit L2	Circuit L3	Circuit L2	Circuit L3	Circuit L2		
3.00pm	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.

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### **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.

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### **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

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### **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.

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### **Sunrise Aqua - 50mins**

Blast into your day with an Aqua 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.

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### **Aqua - 50mins**

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

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### **Aqua Deep - 50mins**

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

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### **Aqua Strength - 50mins**

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

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### **Active Aqua - 50mins**

An Aqua class with a higher intensity to raise your heart rate and build strength. A fun way to start the day!

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### **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.

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### **Teen Gym - 120mins**

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

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### **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.

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