

SPRING TIMETABLE



GROUP FITNESS TRAINING

TIMETABLE

OPENING HOURS:

MON - FRI 5.30am-8pm













SAT- 7.30am-3pm

SUN 8.30am-3pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:45AM (30mins)	B/C Circuit 30 Min Carmen	HIIT 30 Min Tom	Cardio Boxing 30 Min Donna		Spin mix 30 Min Donna	15 min		
6.30AM (30 mins)	B/C Circuit 30 Min Carmen	HIIT 30 Min Tom	Cardio Boxing 30 Min Donna	6am-7am Power 60 Min Donna	Spin mix 30 Min Donna	EXPRESS CLEAN		
9.30AM (45 min)	9.30am B/C circuit 45 Min Carmen	9.30am Spin Mix 45 Min Lisa	9:30am HIIT 45 Min Mark	9:30am Power 60 Min Donna	9:30am X Training 45 Min Donna	9AM FTA 45 Mins Ji		
10.30am (45 mins)	Circuit 45 Min Mark	Pilates 45 Min Donna	STARTING 21ST SEPTEMBER					
11.30am 45mins		11.30am Recharge 45 Min Donna	11.30am Zumba 45 Min Tracy	11.30am Recharge 45 Min Donna	New Classes New Times		11am Yogalates 30 Min Sue	
12:30PM (45 min)	FTA 45 Min Ji		Boxing 45 Min Donna	FTA 45 Min Lisa			11:45am Yogalates 30 Min Sue	
	Aqua 45 Min Zumba		Aqua 45 Min Karen					
5.15PM (45 min)	Power 45 Min Donna	Spin Mix 45 Min Lisa	HIIT 45 Min Ji	Strength 45 Min Mark	<p>Supervised Juniors Room Open: BOOKINGS ESSENTIAL 9am – 1:30am Monday, Wednesday & Thursday 9am – 12pm Tuesday & Friday FREE to Members - From \$4 Casual Visitors/ Fitness Passport</p>			
6.15PM (45 min)	FTA 45 Min Lisa	45min Yoga Sue	FTA 45 Min Lisa	Yoga 45 Min Sue				
	Posture Perfect Clint	FTA 45 Min Lisa		Aqua 45min Lisa				

GROUP FITNESS TRAINING DESCRIPTIONS



<p>Please Note</p>	<p>Different instructors have unique styles and techniques. Therefore classes may differ depending on the trainer.</p> <p>Hand Sanitiser available in all classes, to sanitise your hands before, during and after class!</p> <p>Express Clean = Group fitness equipment is sanitized in between all classes</p>
	<p>Circuit uses interval training between numerous exercises for a varied and challenging way to work out your entire body. B/C = Bootcamp style</p>
	<p>Another of our interval training formats specific to strength and core exercises designed to increase overall body strength while simultaneously maximizing your aerobic threshold.</p>
	<p>Like to try a bit of everything? This class combines different group exercise formats to create a cross training effect. It's designed to tone muscles, develop cardiovascular fitness and burn lots Of calories!</p>
	<p>The premier class with muscle! Your alternative to a workout in the gym with contemporary music and interesting exercise combinations. A rapid fat burning class that uses barbells and a step platform to give you the fastest way to define and condition every muscle, 60 minute class.</p> <p>Strength = Weights and Body weight class</p>
	<p>A safe, fun gentle exercise routine for the "young at heart". A low impact class integrating aerobic exercise for heart fitness, resistance training for strength and stability, stretching and mobility work.</p>
	<p>A class combining the use of spin bikes as well as traditional strength training designed to help improve your overall fitness and strength.</p>
	<p>Yoga: Ultimate mind and body workout, stretching muscles, creating strength and mental focus. Pilates: Low impact exercise that tones, elongates and sculpts muscles, plus improves core strength, flexibility, co-ordination, & posture. Grip Socks Available at reception.</p>
	<p>F for FUN! Zumba is the highly popular, Latin inspired dance fitness workout to sexy, high energy music. Suitable for all ages.</p> <p>Aqua Zumba is in the pool. Zumba Gold- Mature Age Zumba.</p>
	<p>HIIT is a 45min mix of high intensity Cardio and Strength exercises improving your cardiovascular fitness, muscle endurance, plyometric co-ordination and more by spiking the heart rate with minimal rest.</p>
	<p>Functional Training challenges Strength, Balance, Agility and Core Muscles using The Rig, Ski Rig, Assault Bikes, Sleds, Tires and more. All in our New Functional Training Area.</p>
	<p>Float like a butterfly sting like a bee... Strike, punch and kick your way to superior fitness levels in this high intensity, full body workout, Dynamic drills and great combinations to significantly improve strength, speed, coordination, Agility and endurance. Bring your own Boxing gloves and Inners & Wearing wrist wraps is recommended and available at reception.</p>
	<p>Poor posture can have a negative effect on not only your appearance but also your health! This class offers a variety of exercises specifically designed to correct posture and strengthen the posterior chain.</p>

- Please continue to follow safe hygiene and social distancing rules.
- Keep 1.5 metres between yourself and other members.
- Please wipe down all equipment before and after you use it.
- 15 minutes between classes will be allocated for cleaning.
- Please bring your own towel and drink bottle.
- Maximum of 20 participants per class.
- Maximum 15 children in the Juniors Room. Bookings are essential, See reception for availabilities