

GROUP FITNESS TRAINING



TIMETABLE

OPENING HOURS:

MON - WED 5.30am-9pm

THURS-FRI 5:30am-8pm

SAT- 7.30am-3pm

SUN 7.30am-3pm

Starts 11th January 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM (45 mins)	Bootcamp Carmen	HIIT Tom	Cardio Boxing Donna	Power 60 Min Anne	Spin mix Donna	15 min Between Every Class	
					7am Pilates Donna		
9.30AM (45 min)	Bootcamp Carmen	Spin Mix Lisa	HIIT Mark	Power 60 Min Donna	X Training Mark	9AM FTA Ji	
11.00am 45mins	Recharge Circuit Mark	Recharge Donna	Zumba Tracy	Recharge Donna	ALL ZUMBA CLASSES WILL BE BACK MON 18/01/21		11am Yogalates Sue
12:30PM (45 min)	FTA Ji	Pilates Donna	Boxing Donna	FTA Lisa	Aqua Karen	Power will be returning Saturdays. Time TBA	
	Aqua Zumba		Aqua Karen				
4.30pm (45min)	Boxing Donna	FTA Ji	ALL YOGA CLASSES ARE 60MINS & INCLUDE MEDITATION				
5.30PM (45 min)	Power Donna	Spin Mix Lisa	Bootcamp Ji	Strength Mark	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		
6.30PM (45 min)	FTA Lisa	Core & Strength Lisa	FTA Lisa	Yoga Sue			
	Posture Perfect Clint	Aqua Zumba	6:45pm Yogalates Sue	Aqua Lisa			

TRAINING DESCRIPTIONS



<p>Please Note</p>	<p>Different instructors have unique styles and techniques. Therefore, classes may differ depending on the trainer. Hand Sanitiser available in all classes, to sanitise your hands before, during and after class! Express Clean = Group fitness equipment is sanitized in between all classes</p>
<p>BOOT CAMP</p>	<p>Bootcamp uses circuit/interval training between numerous exercises using tyres, ropes, ladders, medicine balls and lots more for a varied and challenging way to work out your entire body.</p>
<p>CORE & STRENGTH</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>CROSS TRAINING</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>POWER</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. Strength = Weights and Body weight class</p>
<p>RECHARGE</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>SPIN MIX</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 Pilates</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>ZUMBA</p>	<p>F for FUN! Zumba is the highly popular, Latin inspired dance fitness workout to sexy, high energy music. Suitable for all ages. Aqua Zumba is in the pool. Zumba Gold- Mature Age Zumba.</p>
<p>HIIT</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>FTA</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>CARDIO BOXING</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>POSTURE PERFECT</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 express cleaning.
- Please bring your own towel and drink bottle.
- Maximum of 50 participants per class.
- Maximum 15 children in the Juniors Room. Bookings are essential, See reception for availabilities