

Aqua Aerobics

Aqua Aerobics uses water resistance to improve flexibility and strength without putting too much strain on your joints. Aqua aerobics is a great way to improve your fitness.

	Monday	Tuesday	Wednesday	Thursday	Friday
8.30am	55 Plus Aqua 45 mins				
9.15am	Aqua 45 mins	55 Plus Aqua (Low Intensity) 45 mins	Aqua 45 mins	55 Plus Aqua 45 mins	Aqua 45 mins
10.15am					55 Plus Aqua 45 mins
1.30pm			60 Plus Aqua (Extra Low Intensity) 30 mins (School terms)		
6.00pm		Aqua 45 mins			
6.30pm				Aqua 45 mins	

Group Fitness

Group Fitness is choreographed exercise to music for all fitness levels. It's a fun way to get fit and active with a variety of classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.15am		Body Pump 45 mins	TTTB 45 mins		Body Pump 45 mins	Body Balance 45 mins
10.15am	Boot Camp 45 mins	Yoga 45 mins	Body Pump 45 mins	Pilates 45 mins	Body Balance 45 mins	
11.15am	55 Plus Bar Class 45 mins		55 Plus Circuit 45 mins		55 Plus Matwork Pilates 45 mins	
12.30pm					55 Plus Strength 4 Life 45 mins	
1.00pm		55 Plus Strength 4 Life 45 mins	55 Plus Strength 4 Life 45 mins			
5.30pm	Body Pump 45 mins		Body Pump 45 mins	TTTB 45 mins		
6.30pm	Body Balance 45 mins		Body Combat 45 mins			
7.00pm		Pilates 45 mins				

Class description

Aqua

Aqua aerobics uses water resistance to improve flexibility and strength without putting too much strain on your joints. Aqua aerobics is a great way to improve your fitness.

Bar Class

This class is low to medium impact but medium to high intensity. The use of barbells, dumbbells and body weight exercises performed to music aiming to help build strength and improve your overall fitness.

Body Pump

A weight-based resistance training program that challenges your major muscles groups.

Body Combat

Martial arts inspired cardio. A fiercely energetic program which will get you striking, punching and kicking your way through the calories.

Body Balance

Inspired by Yoga, Tai Chi and Pilates. A holistic workout that brings the body into a state of harmony and balance.

Boot Camp

Hardcore with fun! High impact strength, toning and endurance-based training. A challenging yet rewarding class.

Circuit

A variety of low to medium intensity cardio and resistance based exercises changing from station to station.

Matwork Pilates

Matwork Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength.

Strength 4 Life*

Participants engage in progressive strength training, using appropriate and increasing resistance under the supervision of fitness professionals.

* Assessment required prior to joining

Pilates

This class lengthens and stretches all the major muscle groups in the body in a balanced fashion. NOTE: Not suitable if pregnant past 12 weeks.

TTTB

This low impact class targets tummy, thighs, triceps and butts and aims to tone and shape these areas.

