

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 45min	Aqua 45 mins	55 plus Aqua 45 mins	Aqua 45 min
10.15am		Aqua 45 mins			55 Plus Aqua 45min
1:30pm			60 Plus Aqua (Low Intensity) 30 mins **		
2.00pm					
6.15pm		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	HIIT 45min	Body Pump 45 mins	TTTB 45 mins	Body Combat 45min	Bar Class 45 mins	Body Balance 45 mins
10.15am	Core & Stretch 45 mins	Yoga 45 mins	Body Pump 45 mins	Pilates 45 mins	Body Balance 45 mins	
10:30am			55 Plus Strength 4 Life 60 mins			
11:15am	55 Plus Bar Class 45min		55 Plus Circuit 45min	55 Plus Strength 4 Life 60 mins		
12:30pm					55 Plus Strength 4 Life 60 mins	
1:00pm		55 Plus Strength 4 Life 60 mins				
5.30pm	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.

**60 Plus Low Intensity Aqua is only provided in school terms.

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 Balance

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

Body Combat

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

Body Pump

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

H.I.I.T

A high intensity strength and cardio workout that will work all your major muscle groups and get your heart rate pumping. There are low impact options, so this class is for everyone!

Core/Stretch

A low impact class using body weight, weights and other equipment to strengthen and tone all the muscles that make up your core, followed by full body stretches to complete the workout.

Circuit

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

Matwork Pilates

Floor exercises using a yoga mat, which employs controlled breathing during body weight resisted movement to build core strength.

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.

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*