

Group Fitness timetable

Aqua Aerobics






	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am	Aqua		Aqua		Aqua
10.00am		Aqua (Deep Water)			
6.15pm	Aqua	Aqua		Aqua	

Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
9.15am	HIIT	Barbell Class	Pilates	HIIT	Barbell Class
10.15am	Core & Balance	Yoga		Pilates	Pilates
6.15pm	Pilates	Pilates	BoxFit	Pilates	

50+ Group Fitness timetable

The 50+ Group Fitness timetable is specifically for individuals aged 50 years and over.

	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am	Aqua				
9.00am		Aqua		Aqua	
10.30am					Aqua (10.00am)
11.15am	Barbell Class	 Strength for Life	 Strength for Life		 Strength for Life
12.30pm		 Strength for Life			 Strength for Life
1.30pm			Aqua (Term time)		

Class description

Aqua

Aqua aerobics uses water resistance to improve flexibility and strength. Aqua aerobics is a great way to improve your overall fitness. Aqua (Deep Water) is a more challenging Aqua aerobics class, as exercises can be carried without your feet touching the ground.

**Wednesday 1.30pm is only provided in school terms.*

BoxFit

BoxFit is a full-body group fitness session with a core focus on boxing. Sessions involve shadow boxing, pad work with a partner and other HIIT style exercises.

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.

Barbell Class

Barbell class is full body fitness class in which participants use a barbell to work their major muscle groups.

Core & Balance

A low impact mat-based class involving body weight exercises to strengthen and tone all the muscles that make up your core. Each class also involves stretching of the major muscle groups and exercises to improve your balance and posture.

Pilates

This class lengthens and stretches all the major muscle groups in the body in a balanced fashion. Floor exercises using a yoga mat employs controlled breathing during body weight resisted movement to build core strength.

Yoga

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. It involves movement, meditation, and breathing techniques to promote mental and physical well-being. There are several types of yoga and many disciplines within the practice.

Strength 4 Life (50+)

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

** Assessment required prior to attending*

**NOTE: Please notify the Instructor prior to participating if you are pregnant.*

Timetable updated, 21 December 2022