



FITNESS TIMETABLE FROM 7th NOVEMBER 2024

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|-------------|----------------|---------------|--------------|-------------|
| 9.00am – 9.45am | Active Aqua | | Active Aqua | | Active Aqua |
| 9.30am – 10.15am | HIIT - Gym | Strength - Gym | Circuit - Gym | Boxing - Gym | |
| 10.00am – 10.45am | | Gentle Aqua | | Gentle Aqua | Gentle Aqua |
| 5.30pm – 6.15pm | | | Gentle Aqua | | |

FITNESS TIMETABLE FROM 15th August 2024

Single/Multiple use Aqua Aerobics Passes and Memberships available for purchase at reception. Fitness Passport Members also accepted for Aqua Aerobics classes.

Please be sure to bring your water bottle and place on edge of pool to hydrate during your sessions. Aqua shoes are recommended.

ACTIVE AQUA (25m Pool - shallow) Cardio focused workout – a great way to increase your cardio & improve your fitness. Suitable for all fitness levels with options provided for beginner to advanced.

GENTLE AQUA (Warm Water Pool) Great introduction to aqua classes. Improving cardio, mobility & strength. Suitable for beginners and intermediate participants.

All Gym sessions are included for GYM & GYM/SWIM Members and Fitness Passport Members Fees apply for Casual Visitors Please bring a Yoga/Pilates Mat, Towel & Water Bottle to each session. Cardio boxing classes do require a personal cotton glove inner which are available for purchase at reception.

HIIT This class is high intensity interval training, a class designed to incorporate functional (everyday exercises) with minimal rest and longer working times. The trainers use a range of different training methods to make everyone get the most out of the session. Get ready to sweat.

RESTORE After a long week the opportunity is here to recover and restore tired muscles. Tired bodies will feel better in this class designed to help with core, mobility, flexibility, and balance. This will allow you to reset, recover and relax while moving your body through low intensity exercises to improve overall recovery.

CARDIO BOXING Get ready to feel inspired and be the new Rocky Balboa. This class will work your whole body and mind. Our trainers will lead you through different combinations and punches. You will receive a high level of cardio, muscle strength, faster reflexes, and a focused mind.

STRENGTH Gain strength in this class by combining weights and resistance. This class builds muscles using low reps and higher weights to make gains.

CIRCUIT Let's get moving! Come with friends. This class is a full body workout that includes both cardio and strength training in a circuit formal design. Circuit classes help promote weight loss and endurance.

GYM INDUCTION/GYM SUPERVISION Learn about the gym and the machines available to use. This is open gym for new members to participate in orientation of the gym with our trainers. Gym inductions are encouraged for all members and is **COMPULSORY** for any member under 18 years of age.