



<b>SPIN HIIT!</b> 	<b>SPIN HIIT</b> is a 30 minute HIIT session on a stationary bike to freestyle music. a great cardio workout to test you at your own levels. Standing climbs, sprints and seated power climbs all mixed in to test
<b>PILATES</b>	<b>PILATES</b> (or the Pilates method) is a series of about 500 exercises inspired by calisthenics, yoga and ballet. Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness
	<b>Cardio Aqua</b> is a low impact cardio 45 minute class with upbeat music in chest height water using water as resistance as well as equipment like foam dumbbells and noodles that gets the heart pumping.
	<b>DEEP WATER AQUA</b> involves the performance of movement while suspended in water wearing a buoyancy belt, resulting in a non-impact, high-resistant, total body exercise workout. Benefits of this method include less stress on the back, hips, knees and ankles. great core workout and recommended for runners.
	<b>GENTLE AQUA</b> uses the heated water of the leisure pool as it is relaxing for muscles and joints, making moving them easier and more comfortable. The buoyancy of water also reduces the load on the joints. This class provides fun equipment and socialising that you hardly realise you are working out.
<b>NIFTY FIFTYS</b>	<b>NIFTY FIFTY'S</b> class is a combination of functional exercises, strength training and light cardiovascular exercises designed for 50 plus.
	<b>COTA STRENGTH FOR LIFE</b> Strength training for seniors under the qualified instruction of a specially-trained instructor. Note: this class requires prior registration. Please see front office for details.
<b>RIPPED</b>	<b>Resistance, Intervals, Power, Plyometrics, Endurance &amp; Done.</b> Cardio and strength all in one.
<b>PUMPED UP</b>	<b>PUMPED UP</b> is a strength workout using barbells, dumbbells and bodyweight. Instructors will coach you through moves and techniques pumping out encouragement, helping you achieve much more than on your own!
<b>TEEN TIME</b>	<b>TEEN TIME</b> is a supervised 90 mins for teens aged 13 up to and including 16 years of age.
	<b>High Intensity Interval Training (H.I.I.T)</b> will have you supercharging your fitness, giving all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery period. Boosting your metabolism, burning fat even after you have finished class.
	<b>LES MILLS SPRINT</b> is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.
<b>BOOTCAMP</b>	<b>BOOTCAMP</b> This 45 minute class packs a punch with a total body work out using all sorts of equipment.
<b>SUPERSESSION</b>	A super charged session to get your blood pumping and start your weekend with a big calorie burn
<b>Low Impact High Intensity</b>	<b>Low impact high intensity</b> A 45 minute combination of circuit, interval and resistance training using a variety of equipment and bodyweight exercises. Choose your own intensity and modifications as needed- although we certainly provide the opportunity to work hard.

From 25<sup>th</sup> July 2022



## Group Fitness Timetable

### Opening Times

Monday – Thursday	6am – 8pm
Friday	6am - 7pm
Saturday and Sunday	8am – 3pm
PUBLIC HOLIDAYS	8am - 1pm



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-Classes may change without prior notice. Insufficient numbers may result in a class being removed from the timetable.

-teen timers can participate in those classes marked with \*

-For classes to commence on time please arrive 10 minutes before class start time.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am		<b>RIPPED (45)</b> Kelvin – court 1	<b>SPIN HIIT*</b> (30) Kelvin - Studio <b>MUST BOOK</b>	<b>HIIT*</b> (30) Kelvin – court 1	<b>SPIN HIIT*</b> (30) Kelvin – Stidio <b>MUST BOOK</b>	<b>8:15AM (45)</b> <b>SUPERSESSION</b> Kelvin / Shaun
9.15am	<b>SPIN HIIT*</b> (30) Emma - Studio <b>MUST BOOK</b>	<b>PUMPED UP (45)</b> Emma– court	<b>LES MILLS SPRINT*</b> (30) Alex- Studio <b>MUST BOOK</b>	<b>RIPPED (45)</b> Emma – court 1	<b>LOW IMPACT / HIGH INTENSITY*</b> (45) Emma– court	
10.00am	<b>PILATES*</b> (45) Susan - MPR <b>MUST HAVE OWN MAT</b>					
10.30am	<b>STRENGTH FOR LIFE (60)</b> Emma – gym	<b>NIFTY FIFTYS (60)</b> Emma – court	<b>STRENGTH FOR LIFE (60)</b> Emma– gym	<b>NIFTY FIFTYS (60)</b> Emma– court	<b>STRENGTH FOR LIFE (60)</b> Emma – gym	
3.30pm	<b>TEEN TIME*</b> (90) Charli – Gym	<b>TEEN TIME*</b> (90) Charli / Shaun - Gym	<b>TEEN TIME*</b> (90) Charli / Shaun- Gym	<b>TEEN TIME*</b> (90) Charli / Shaun - Gym		
5.15pm	<b>SPIN HIIT*</b> (30) Kelvin – Studio <b>MUST BOOK</b>	<b>HIIT*</b> (30) Charli / Shaun– MPR	<b>RIPPED (45)</b> Shaun / Charli court 1	<b>BOOTCAMP (45)</b> Shaun / Charli - MPR		
			<b>AQUA</b>			
6.30am		<b>CARDIO AQUA*</b> Lisa – leisure pool <b>MUST BOOK</b>		<b>CARDIO AQUA*</b> Lisa - leisure pool <b>MUST BOOK</b>		
8.45am	<b>CARDIO AQUA*</b> Lisa – lap pool <b>MUST BOOK</b>		<b>DEEP WATER*</b> Lisa – lap pool <b>MUST BOOK</b>		<b>DEEP WATER*</b> Lisa – lap pool <b>MUST BOOK</b>	
9:30am	<b>GENTLE AQUA*</b> Lisa – leisure pool <b>MUST BOOK</b>		<b>GENTLE AQUA*</b> Lisa – leisure pool <b>MUST BOOK</b>		<b>GENTLE AQUA*</b> Lisa – leisure pool <b>MUST BOOK</b>	
6.30pm	<b>CARDIO AQUA*</b> Lisa - leisure pool <b>MUST BOOK</b>			<b>CARDIO AQUA*</b> Lisa – leisure pool <b>MUST BOOK</b>		