











From 29th APRIL 2024 (Term 2)



Group Fitness Timetable

Opening Times

Monday – Thursday	6am – 8pm
Friday	6am - 7pm
Saturday and Sunday	8am – 3pm
PUBLIC HOLIDAYS (except Anzac Day 12 – 5pm)	8am - 1pm

 FITBALL	Fit Ball is a 30 minute class where you perform exercises on a large inflatable ball. The exercises challenge your muscles, helping to strengthen and build up the core muscles of your body, such as the abdominals, back, buttocks & thighs.
	LES MILLS SPRINT™ 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. LES MILLS RPM is a 45 minute bike class which focuses more on endurance with hills and speed tracks and a bit of both. It's fun, low impact and you can burn up to 500 calories a session.
Power uP 	Power uP is a 45 minute strength circuit class focusing on big compound movements with the addition of strength endurance exercises to elevate your heart rate. If strength is your aim then Power uP is your game
	Cardio Aqua 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.
	DEEP WATER AQUA 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.
	GENTLE AQUA 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.
	AQUA BOOTCAMP – a 45 min circuit style class to upbeat music in the warm leisure pool, perfect for the cooler mornings. Low impact but high energy. It can be used as active recovery or an intense workout, its up to you how much you put in.
NIFTY 50'S	NIFTY FIFTY'S class is a combination of functional exercises, strength training and light cardiovascular exercises designed for 50 plus.
	COTA STRENGTH FOR LIFE 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.
RIPPED	Resistance, Intervals, Power, Plyometrics, Endurance & Done. Cardio and strength all in one.
Total Tone	TOTAL TONE is designed to tone every part of your body whilst working on your mind and muscle connection. With separate exercises designed to target the lower body, upper body and core.
TEEN TIME	TEEN TIME is a supervised 90 mins for teens aged 12 up to and including 16 years of age. All teen timers must have a program with an instructor before commencing in the gym.
	A high energy indoor BOOTCAMP to fire up your metabolism and get your blood pumping. Body weight exercises, cardio intervals, equipment and team games.
	Bodybalance is a calming class infused with moves from yoga, tai chi and pilates to build whole-body strength, centre your chi, challenge your balance and relieve stress.
BOX & BURN	BOX & BURN is a 45 min circuit designed class to improve your fitness with a bit of boxing. No need for a partner, you get to box with the instructor. A great mix of boxing, abs, butt, thighs, cardio and band work.
SUPERSESSION	A super charged session to get your blood pumping and start your weekend with a big calorie burn.
Low Impact High Intensity	Low impact high intensity 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.



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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.
- All Aqua in the leisure pool is NOW capped at 18. **YOU MUST BOOK.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am		BOOTCAMP (45) Keely- court 1	LES MILLS SPRINT* (30) Alex - Studio MUST BOOK	CIRCUIT (30) Shannon- court 1	LES MILLS RPM (45) Alex- Studio MUST BOOK	SUPERSESSION 8:15am Intermittent pop up class -Advertised on Group Fitness board by gym entrance-
9.15am	SPIN HIIT* (30) Emma - Studio	TOTAL TONE (45) Amy - court 1	LES MILLS SPRINT * (30) Alex- Studio MUST BOOK	RIPPED (45) Emma- court 2	LOW IMPACT / HIGH INTENSITY* (45) Emma - court 1	
10.00am	FITBALL* (30) Emma - MPR 456		LES MILLS BODY BALANCE* (30) Alex- MPR			
10.30am	STRENGTH FOR LIFE (60) Lisa- gym	NIFTY FIFTYS (60) Amy - court 1	STRENGTH FOR LIFE (60) Emma - gym	NIFTY FIFTYS (60) Emma - court 2	STRENGTH FOR LIFE (60) Lisa - gym	
3.30pm	TEEN TIME* (90) Lisa- Gym	TEEN TIME* (90) Amy - Gym	TEEN TIME* (90) Amy- Gym	TEEN TIME* (90) Lisa - Gym		
5.15pm	4:30pm & 5:15pm SPIN HIIT (30) Emma- Studio MUST BOOK	CARDIO & CORE* (30) Amy MPR 456	POWER UP (45) Amy court 1	BOX & BURN Lisa - MPR		
			AQUA			
6.30am		CARDIO AQUA* (45) Lisa - leisure pool MUST BOOK (18)		AQUA BOOTCAMP* (45) Lisa - leisure pool MUST BOOK (18)		
8.30am	CARDIO AQUA* (45) Lisa - lap pool		DEEP WATER* (45) Lisa - lap pool		DEEP WATER* (45) Lisa - lap pool	
9:15am	GENTLE AQUA* (45) Lisa - leisure pool MUST BOOK (18)		GENTLE AQUA* (45) Lisa - leisure pool MUST BOOK (18)		GENTLE AQUA* (45) Lisa - leisure pool MUST BOOK (18)	
11:45am	GENTLE AQUA* (45) Lisa - leisure pool MUST BOOK (18)		GENTLE AQUA* (45) Lisa - leisure pool MUST BOOK (18)		GENTLE AQUA* (45) Lisa - leisure pool MUST BOOK (18)	
6.30pm	CARDIO AQUA* (45) Honorina - leisure pool MUST BOOK (18)			CARDIO AQUA* (45) Honorina - leisure pool MUST BOOK (18)		