

Group Fitness Timetable

Spring 2023

Group Fitness (all sessions 60mins)		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	HIIT		HIIT		HIIT		
	9:30am	Senior Movers	Senior Movers	Senior Movers	Senior Movers	Senior Movers		
	10:30am		Zumba		Body Balance	Pilates		
	12:00pm	HIIT	HIIT	Pilates	HIIT	HIIT		

Pool (all sessions 50mins)		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00am			Aqua Aerobics				
	2:00pm	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics			

Class Descriptions

Aqua Aerobics

With this unique and sociable workout which eliminates much of the impact and gravitational stress, you get fit while the water takes your weight.

Body Balance

The holistic Yoga, Tai Chi, Pilates workout that builds your flexibility and strength while leaving you feeling centered and calm. Controlled breathing, concentration and a structured series of moves help you achieve a state of harmony and balance.

HIIT

An innovative 30-minute HIIT (high intensity interval training) class using only your body weight. Choreographed to bespoke House DJ soundtracks to keep the energy high and push you to new limits.

Pilates

Pilates will help improve posture, core strength and flexibility which is great for injury prevention. Caters to all fitness levels with a combination of balance and floor work.

Zumba

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people towards joy and health.

Senior Movers

A rejuvenating class focused on enhancing longevity through balance and strength training. Tailored for adults seeking to maintain vitality and wellbeing, this program combines balance exercises with cardio & strength-building activities to improve stability, muscle endurance, and bone health. Perfect for anyone looking to exercise supportive, community-focused environment.