

February 2019
Group Fitness Timetable
Commencing 2 February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am						Tabata
9:30am	Aqua Aerobics		Aqua Aerobics		Circuit	Aqua Aerobics
10:30am		Young at Heart			Aqua Aerobics	
11:30am		Young at Heart Aqua		Young at Heart Aqua		
5:30pm		Powerbar		Boxfit		
6:00pm	Stretch & Tone					
6:30pm			Functional Fitness			
7:05pm	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics		
7:20pm			Aqua Tabata			

*Please note classes and instructors may change without notice.

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Group Fitness class descriptions

Aqua Aerobics

This fabulous, simple to follow aqua program is a low impact, total body workout. Including toning with the aqua dumbbells and noodles. Suitable for all fitness levels!

Aqua Tabata

A HIIT (High Intensity Interval Training) class designed for the water. Use maximum effort for 20 seconds, recover for 10 seconds for 8 rounds. Includes toning with the aqua dumbbells. Work at your maximum – all fitness levels can benefit!

Young at Heart

A low to moderate exercise program suitable for anyone who has not been physically active in a while. You can start gently in a friendly atmosphere and exercise at your own pace. Young at Heart is open to everyone and is designed to be safe for people with cardiac or diabetic conditions.

Stretch & Tone

Improve your muscle tone and flexibility with this complete whole body conditioning class. You can guarantee it will help strengthen and lengthen your muscles, leaving you feeling toned, stretched and relaxed.

Powerbar

The ultimate workout! Power bar burns body fat, builds strength focusing on all muscle groups and works on your cardiovascular building your fitness level. It's great for all levels of fitness.

Boxfit

Boxing is a high intense cardio class using focus pads and gloves where the instructor will demonstrate combinations and correct technique.

Circuit

This class involves moving through a variety of stations for upper and lower body. Great for beginners to advanced participants (work at your own level of fitness)

Tabata

Burn maximum calories in minimum time! This class is for you if you want to improve your fitness with short sharp intervals of work and rest using a variety of equipment in both an indoor and outdoor environment. It's the workout that keeps on burning after you stop!

Functional Fitness

Functional fitness follows the natural real-life movement patterns of the body, and is designed to improve not only fitness but strength, balance, mobility and co-ordination. Suitable for all ages and fitness levels.

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