GROUP CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	Step (30mins)	Aerobics (30mins)	Stretch (45mins)	Thighs, Buns and Tums (30mins)	Circuit (30mins) / Aqua (45mins)		
6.30am	Aqua (30mins)	Body Sculpt (30mins)		Power 1/2 Hour (FA) (30mins)			
7.15am							
8.30am						Yoga* (75mins)	
9.00am	Aqua (45mins) / Aerobics (30mins)	Step (30mins)	EasyBeat Aerobics (45mins)	Kai-Bo (30mins)	Aerobic Gold (45mins)	Aqua (45mins)	
9.30am	Thighs, Buns and Tums (30mins)	Body Sculpt (30mins)		Pilates (30mins)			
10.00am	Stretch (45mins)	Aerobics (45mins)		Stretch (45mins)	Aqua (45mins)	Clinical Pilates** (60mins)	
5.30pm	Step (30mins)	HIIT (30mins)	Circuit (30mins)	Thighs, Buns and Tums (30mins)			
6.00pm	Aqua (45mins)	Stretch (60mins)	Supervised Forever Active (30mins)	Aqua (45mins)			
6.30pm			Yoga* (75mins)		Supervised Meditation 6.45pm (45mins)		

Summer schedule commences Oct 1, 2018

*Fees apply for Yoga
**Clinical Pilates can only be attended if you have had one Personal Training session on Pilates Basics previously

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Green Apple Wellness Centre

GROUP CLASSES OVERVIEW

Aerobics **(Including Aerobic Gold and EasyBeat)**

Sound scary? Anyone can do our Aerobics classes! We have different levels of difficulty with specialist instructors that will look after you and make sure you feel comfortable and have fun! Aerobic classes will cater for multiple levels of fitness, with a high impact and low impact option. The music is faster and some prior experience expected

Aerobics Gold is the Aerobic learning class. The music is slower and you learn the basic moves and what they are called. Totally low impact.

Easybeat is the next step up. It is still low impact, however the music will be a little faster than Aerobics Gold and there is some expectation that you have some "Aerobic class" skills.

Aqua

Fun in the water! This joint-friendly water class will have you moving around the pool like you never thought you could and have fun at the same time! Great for those of us who love water!

Body Sculpt

Build muscle, strengthen bones and release fat with Body sculpt! This strength class working to music will have you toned and ready for anything with its fun music and energetic leaders.

Circuit

The ultimate in challenging your body in lots of different way, our Circuit class has you moving differently each week to keep your body guessing. No need for choreography skills using music – ideal for both men and women who like a challenge.

Clinical Pilates

Lengthen and strengthen your muscles, open up joints and release tension! This class focuses on trunk stability for the best back care and core stability and introduces you to wonderful therapeutic breathing. If you have not attended the Saturday Pilates class before, you need to have a 1/2 hour Personal Training session with Tiffany to learn the basics before attending the class. Ask at Reception for more information.

Fitball

Fitball is a fun class which is suitable for all levels of fitness. Core strength, co-ordination and flexibility all improve, as well as your rock star drumming skills! Great if you are 9 or 90!

H I I T

High Intensity Interval Training. It's all the rage! But don't be put off by all the hype, come and do it with our experienced leaders who will help you identify your safe effort-level to get your results. You will work at your high level intensity, not what someone else needs to do.

Kai-Bo

A wonderful waist-whittler! This shadow punching and kicking non-contact combat class teaches you total body control. If speed, precision and strength interest you, give Kai-Bo a try.

Meditation

A marvellous way to finish the week and wind down from all the stresses of everyday life, this relaxing class will have you being mindful for the week to come. Held fortnightly with Karen who has the passion!

Power 1/2 Hour

Alternating between cardio exercises and strengthening exercises, this class is perfect to fit cardio/strength work into your day.

Step

Need something low impact, but calorie burning? Join our Step classes for a leg strengthening workout anyone can do. The music uses a controlled tempo and the choreography is simple.

Stretch

You know you need to stretch more, who doesn't? Why not make the most of our expertise and join a Stretch Class which may also include safe PNF stretching and myofascial rollers?

Supervised Fitness Circuit

A "blackboard" group personal training experience in the gym providing a change from your usual routine, social interaction and fun and which will introduce you to a variety of different equipment and training formats using equipment different from the FOREVER ACTIVE and STRONGER FOR LONGER strength circuits.

Thighs, Buns and Tums

Enjoy challenging these parts of your body! Burn fat for hours after the class by working some of your largest muscles. This class is designed for all ages, beginners to advanced.

Yoga*

Enjoy the breathing, postures and stress release techniques of this gentle practice class under the supervision of our very own in-house Yogi! Joyce will help you wind down and relax. Wednesdays at 6.30pm and Saturdays at 8.30am .

*Fees apply for Yoga

Opening Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am-8.00pm	5.30am-8.00pm	5.30am-8.00pm	5.30am-8.00pm	5.30am-7.30pm	7am-12pm	3.30pm-6pm

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