GROUP CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am	Step (30mins)	Mystery Class (45mins)	Stretch (45mins)	Video Class (30mins)	Mystery Class (45mins)	
8.00am	Aqua (45mins)	Aqua (45mins)		Aqua (45mins)	Aqua (45mins)	Aqua (45mins)
8.30am						Yoga # (75mins)
9.00am	Video Class (30mins)	Step (30mins)	EasyBeat Aerobics (45mins)	The Coaching Class • (60mins)	Step (45mins)	
9.30am		Body Sculpt (30mins)				
10.00am	The Coaching Class • (60mins) Gym Floor	10.30am Tai Chi (60mins)	Learn to Aqua (45mins)	Mat Pilates * (45mins)		Mat Pilates * (45mins)
11.00am						The Coaching Class • (60mins)
1.00pm		The Coaching Class • (60mins) Gym Floor				
4.00pm	Aqua (45mins)					
5.00pm			Barbell Class (30mins)			
5.45pm			Tai Chi (60mins)			
6.00pm	Mystery Class (45mins)	Mat Pilates * (45mins)	Aqua (45mins)	Circuit (45mins)		

Schedule from August 2026

* **Mat Pilates** can only be attended if you have had a Personal Training session on Pilates Basics previously. See Reception to book your appointment.

**Yoga Fee Applies** - Limited numbers - See Reception.

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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 *(delivered all year round)*
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!

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.

Mat 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 Pilates class before, you need to have a 30 minute Personal Training session to learn the basics before attending the class.
See Reception to book your appointment.

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?

Power 1/2 hour
Alternating between cardio exercises and strengthening exercises, this class is perfect to fit cardio/strength work into your day using the FOREVER ACTIVE equipment.

Mystery Class
Do you want a surprise? This class could include cardio or strength, could be Circuit or Pilates. Come and join in the fun and find out!

Circuit
The ultimate in challenging your body in lots of different ways. Our Circuit class will have you moving differently each week to keep your body guessing. No need to be able to move with music in this class. Ideal for both men and women who like a challenge.

Yoga*
Enjoy the breathing, postures and stress release techniques of this gentle practice class under the supervision of our very own in-house Yoga Instructor. Wind down and relax.
Saturday at 8.30am.
Fees apply

Tai Chi
This class is a one-hour Teh Nei Chia Chuan Style Tai Chi class which always begins with a particular exercise called a salute which is a multivariant of posture, breathing, timing, learning to be in the mind and moment and learning to be super gentle and relaxed. Then progress to basic preparation of the body to enable ease of slow, gentle Tai Chi movements, balance, stability, posture, increased flexibility, breathing, personal spatial understanding, mental sharpness and memory.
Fees may apply

The Coaching Class •
The Coaching Class is a gym floor activity providing Special Supervision for New Members after their Induction, and also regular Members who have had a New Program. It provides Club Members help with remembering how to do their program, and provide guidance in relation to technique issues.
*Note: some classes may change or not be on the current schedule

Opening Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am-7.00pm	5.30am-7.00pm	5.30am-7.00pm	5.30am-7.00pm	5.30am-7.00pm	7am-12pm	3.30pm-6pm

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