

# GROUP CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	Step (30mins)	Yoga Fusion (60mins)	Stretch (45mins)	Aerobics (30mins)	Mystery Class (60mins)		
6.30am	Power 1/2 Hour (30mins)			Body Sculpt (30mins)			
8.00am							
8.30am						Yoga (75mins)	
9.00am	Aerobics (30mins)	Step (30mins)	EasyBeat Aerobics (45mins)		Aerobic Gold (45mins)		
9.30am	Stretch (30mins)	Body Sculpt (30mins)					
10.00am				Clinical Pilates * (45mins)		Clinical Pilates * (45mins)	
11.00am							
5.45pm	Yoga Fusion (60mins)						
6.00pm		Stretch (45mins)		Mystery Class (45mins)			

\* Clinical Pilates on Thursday and Saturday can only be attended if you have had one Personal Training session on Pilates Basics previously

Winter Schedule from May 2021

# 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.

## **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.

## **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.

## **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

## **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 Yoga Instructor will help you wind down and relax. Saturdays at 8.30am. \*Fees apply for Yoga

## **Yoga Fusion**

Blends yoga poses with other fitness regimens, such as Pilates, strength training, dance, or even kickboxing. Pairing yoga with other disciplines lets you burn more calories than yoga alone, while still getting the benefits of this ancient practice.

### 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