

# GROUP EXERCISE CLASSES

## TIME TABLE



FROM AUGUST 7TH 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP FITNESS ROOM	6:00am		<b>SPIN</b> 45min (Kim)			<b>SPIN</b> 45min (Kim)
	6:30am				<b>FAT FARMERS</b> 60min (TBA)	
	7:15am			<b>AQUA</b> 45min (Linda)		<b>AQUA</b> 45min (Linda)
	8:00am			<b>AQUA</b> 45min (Linda)		<b>AQUA</b> 45min (Linda)
	8:45am		<b>BODY PUMP</b> 45min (Linda)			
	9:00am			<b>FITNESS BOXING</b> 45min (Shauna)		
	9:30am	<b>CARDIO HIIT</b> 45min (Nicole)	<b>BODY BALANCE</b> 60min (Donna)	<b>ACTIVE ADULTS</b> 60min (Nicole)	<b>HIIT CIRCUIT</b> 45min (Shauna)	<b>BODY PUMP</b> 60min (Linda)
	11:00am	<b>STRENGTH +</b> 60min (Shauna)		<b>STRENGTH +</b> 60min (Nicole)		<b>STRENGTH +</b> 60min (Shauna)
	5:30pm	<b>CARDIO-CORE</b> 60min (Nicole)	<b>SWEAT SESH</b> 60min (Nicole)		<b>BODY BALANCE</b> 60min (Donna)	
	6:15pm				<b>AQUA</b> 45min (Linda)	

# GROUP EXERCISE CLASSES

## DESCRIPTIONS



FROM AUGUST 7TH 2025

GROUP FITNESS ROOM	CLASS	DESCRIPTION
	<b>SPIN*</b>	Get your heart pumping with this high energy indoor cycling class! Set to motivating music, you'll ride through intervals of speed, resistance, and recovery to build cardiovascular endurance, burn calories, and boost lower body strength. Suitable for all fitness levels-adjust the intensity to suit your ride.
	<b>CARDIO HIIT/ HIIT CIRCUIT</b>	Push your limits with this fast paced, high intensity interval training class! You'll alternate bursts of cardio exercises with short recovery periods to boost endurance, burn fat, and improve overall fitness. No equipment needed-just bring your energy! Options provided for all fitness levels.
	<b>AQUA*</b>	Make a splash with this low-impact, full body workout in the water! Set to music, Aqua combines cardio strength, and flexibility exercises using the natural resistance of water. Perfect for all fitness levels, gentle on the joints and great for improving mobility, balance, and endurance.
	<b>STRENGTH +</b>	Build strength, improve balance, and support everyday movement in this lowimpact class designed for active over 50s. Using light weights, resistance bands and bodyweight exercises, you'll work all major muscle groups at a safe, moderate pace. Suitable for all fitness levels-stay strong, steady and confident.
	<b>CARDIO-CORE</b>	Boost your heart rate and strengthen your core in this energizing combo class! You'll alternate between cardio bursts and focused core exercises to burn calories, build stability, and improve overall functional fitness. All levels welcome, with options to suit your pace.
	<b>SWEAT SESH</b>	Push your limits with this fast paced, unpredictable class! You'll get something different every week. Maybe a dumbbell class, maybe a circuit, maybe plyometrics or possibly even HIIT Step! This is a must try class to keep you on your toes. Just be ready to get sweaty!
	<b>ACTIVE ADULTS</b>	Designed for our older exercisers with an emphasis on light weight work, mobility, posture and balance with a splash of aerobic activity. Low impact, low intensity, lots of fun.
	<b>BODY BALANCE</b>	A combination of Yoga, Tai Chi and Pilates. A workout that lets you build flexibility and overall strength and leaves you feeling centred and calm
	<b>BODY PUMP</b>	The original strength and toning class. This addictive workout will challenge all of your major muscle groups by using bodyweight and barbell exercises in a motivational environment.
	<b>FITNESS BOXING</b>	A fast paced session that packs a punch! High intensity exercise in a shorter time frame with a focus on boxing for fitness, expect a variety of punching combinations, footwork drills and core exercises.

*\*BOOKINGS ESSENTIAL FOR SPIN AND AQUA*

# REFORMER CLASSES

## TIME TABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PILATES STUDIO	6:15am	<b>REFORMER</b> (Kim)	<b>REFORMER</b> (Shaye)	<b>REFORMER</b> (Kim)	<b>REFORMER</b> (Shaye)	<b>REFORMER</b> (Monique)
	7:15am		<b>REFORMER</b> (Shaye)		<b>REFORMER</b> (Shaye)	
	9:30am	<b>REFORMER</b> (Hayley)				<b>REFORMER</b> (Hayley)
	10:30am	<b>REFORMER</b> (Hayley)			<b>REFORMER</b> (Kim)	<b>REFORMER</b> (Hayley)
	11:00am					
	4:15pm	<b>REFORMER</b> (Monique)		<b>REFORMER</b> (Monique)		<b>REFORMER</b> (Kim)
	5:15pm	<b>REFORMER</b> (Monique)				
	5:30pm		<b>REFORMER</b> (Shaye)	<b>REFORMER</b> (Shaye)		
	6:30pm		<b>REFORMER</b> (Shaye)	<b>REFORMER</b> (Shaye)		