

JANUARY 2020

Health and Fitness Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6.15-6.45 CIRCUIT XPRESS (in Gym)		6.15-6.45 CIRCUIT XPRESS (in Gym)		6.15-6.45 CIRCUIT XPRESS (in Gym)		
						8.30-9.30 YOGA	
	9.00-9.40 YOUNG AT HEART Mary	9.00-9.40 YOUNG AT HEART Angela	9.00-9.40 YOUNG AT HEART Pat	9.00-9.40 YOUNG AT HEART Grace	9.00-9.40 YOUNG AT HEART Pat		
	9.45-10.45 LesMills COMBAT Christine		9.45-10.45 LesMills PUMP Lucie	9.45-10.45 POWERBAR Grace	9.45-10.45 FIT N FAB Grace		
		10.45-11.45 MIND and BODY Karen	10.45-11.45 PILATES Lucie	10.45-11.45 MIND and BODY Karen			
PM	5.30 – 6.15 HIITSTEP and CORE From 13 Jan Mel	5.30-6.30 YOGA Tania	5.30-6.00 HIITSTEP Irene	5.30-6.30 YOGA Louise			
	6.30-7.30 YOGA Louise	6.30-7.30 POWERBAR Mary	6.00-7.00 LesMills PUMP Irene				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						7.00-7.45 AQUA BLAST Mary	
	9.45-10.30 AQUA DEEP Mary	9.45-10.30 AQUA ZUMBA Marlee	9.45-10.30 AQUA SHALLOW Pat	9.45-10.30 AQUA COMBO Karen	9.45-10.30 AQUA COMBO Pat		9.30-10.15 AQUA DEEP Pat
PM	12.00-12.45 YOUNG AT HEART AQUA Pat						
	7.30-8.15 AQUA DEEP Mel/Angela	7.30-8.15 AQUA COMBO Pat	7.30-8.15 AQUA COMBO Pat		ALL PARTICIPANTS MUST COLLECT A CLASS TICKET FROM RECEPTION FOR ALL CLASSES		

Please note classes and instructors may change without notice.

Classes return to normal from 2 January 2020.

Group Fitness class descriptions

AQUA BLAST – A HIIT (*High Intensity Interval Training*) style class to push your limits. If you are looking to challenge yourself, this is your jam!

AQUA CLASSES - This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells. (Please note, **Aqua Combo** is a combination of Shallow and Deep Aqua)

AQUA ZUMBA- This fun class blends the **Zumba** philosophy with water resistance, for one pool party you shouldn't miss!

BOOTCAMP – This class combines endurance, strength, power and stamina all rolled into one intensive and tough workout

CIRCUIT XPRESS - Gym circuit is a 30 min session ideal for those looking for a high intensity workout before starting the working day or during their lunch break.

FIT AND FABULOUS – A moderate intensity class for those who are looking for a progression from “Young at Heart”. If you are a regular Young at Heart participant looking for a more challenging work out, this class is for you!

HIITSTEP- Do you wish to be pushed to your limits? This short *High Intensity Interval Training* session will do just that! Be prepared to be challenged by a combination of strength and cardio exercises all using the step box.

LESMILLS BODY COMBAT - Punch and kick your way into fitness! This high energy martial arts inspired workout is totally non- contact and there are no complex moves to master. Release stress, burn calories, have a blast and feel like a champ.

LESMILLS BODY PUMP - Body Pump is a barbell workout for anyone looking to get lean, toned and fit – fast! Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout. Great music and motivation from the instructor will help you achieve much more than you could on your own.

MIND AND BODY – A class focusing on stretching, balance and flexibility. Activate your core muscles through a range of floor movements and the use of equipment including the Swiss ball. This class will challenge the body and relax the mind.

PILATES - Pilates focuses on core stability, strength and flexibility. Classes consist of breathing techniques, alignment, centering, control, isolation, precision, flowing movement patterns and routine. Pilates is suitable for everyone as it increases your vitality, improves your posture, and strengthens and tones your body.

POWER BAR – The ultimate workout! Powerbar burns body fat and builds strength, focusing on all muscle groups and working on your fitness level. It's great for all levels of fitness.

YOGA – This class consists of gentle stretching, correct breathing techniques, yoga postures and relaxation. It improves your body and mind awareness, increases your flexibility and assists with stress management. This class caters for everyone.

YOUNG AT HEART- A low to moderate intensity 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.

Creche Opening Hours		
Mornings	8.45 am – Noon	Monday, Wednesday, Friday
Evenings	5.00 pm – 8.15 pm	Monday, Wednesday
Saturday	8.00 am – 10.30 am	