

### Dry Group Fitness Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						8.30 – 9.30 YOGA Louise/Tania
	9.00 – 9.40 YOUNG AT HEART Marisa	9.00 – 9.40 YOUNG AT HEART Karen	9.00 – 9.40 YOUNG AT HEART Pat	9.00 – 9.40 YOUNG AT HEART Karen	9.00 – 9.40 YOUNG AT HEART Pat	
	9.45 – 10.45 BODYPUMP Irene		9.45 – 10.45 BODYPUMP Lucie			
		10.45 – 11.30 MIND BODY Karen	10.45 – 11.30 PILATES Lucie	10.45 – 11.30 MIND BODY Karen		
PM	5.30 – 6.30 HIIT AND CORE Mel	5.30 – 6.30 YOGA Tania	5.30 – 6.30 HIIT AND CORE Angela	5.30 – 6.30 YOGA Louise		
	6.30 – 7.30 YOGA Louise					

### Aqua Group Fitness Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						7.00 – 7.45 AQUA BLAST Mary / Pat	
	9.45 – 10.30 AQUA DEEP Marisa	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		9.45 – 10.30 AQUA DEEP Pat
	10.45 – 11.30 AQUA COMBO Marisa	10.45 – 11.30 AQUA COMBO Marisa / Pat	10.45 – 11.30 AQUA COMBO Pat		10.45 – 11.30 AQUA COMBO Mary / Karen		10.30 – 11.15 AQUA DEEP Pat
PM	7.30 – 8.15 AQUA DEEP Mel	7.30 – 8.15 AQUA COMBO Pat	7.30 – 8.15 AQUA COMBO Pat				

Please note: Instructors and classes are subject to change without notice. Classes must be pre-booked.  
Classes are being run in accordance with COVID-19 restrictions.

Class Descriptions	
<b>AQUA BLAST</b>	A HIIT ( <i>High Intensity Interval Training</i> ) style class to push your limits. If you are looking to challenge yourself, this is your jam!
<b>AQUA SHALLOW</b>	
<b>AQUA DEEP</b>	This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells. (Please note, <b>Aqua Combo</b> is a combination of Shallow and Deep)
<b>AQUA COMBO</b>	
<b>AQUA ZUMBA</b>	This fun class blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss!
<b>HIIT and Core</b>	Do you wish to be pushed to your limits? This short <i>High Intensity Interval Training</i> session will do just that! Be prepared to be challenged by a combination of strength and cardio exercises with a focus on core training.
<b>LES MILLS BODYPUMP™</b>	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.
<b>PILATES</b>	A system of controlled exercises that engage the mind and condition the total body. The strength and flexibility training helps to improve posture and reduce stress levels.
<b>YOGA</b>	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.
<b>YOUNG AT HEART</b>	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.

### Etiquette

- Classes must be booked online.
- Social distancing must be adhered to at all times.
- Participants must clean their equipment before and after use.
- Hand sanitiser is available and participants are required to use it before and after classes
- Please arrive on time, no admittance will be allowed after classes commence or without a class ticket.
- Class tickets will be issued by reception staff.
- Please keep the ticket until it is requested by the instructor.
- Please inform the instructor of any injuries, health problems, pregnancy or special needs.
- Participants in Group Fitness must be 15 years or over.
- Please be sure to bring a towel and filled water bottle. Entry will not be permitted without a towel. Water bubbler are currently not available.
- Aqua participants need to be 12 years or over.
- No spectators are allowed in studios.
- Children are not allowed to be left unattended.

### Crèche

Monday	9.00 am – 12.00pm
Tuesday	CLOSED
Wednesday	9.00 am – 12.00pm
Thursday	CLOSED
Friday	9.00 am – 12.00pm
Saturday	8.00 am – 10.30 am
Sunday & Public Holidays	CLOSED