

June 2021

Health and Fitness Timetable

| Group Fitness class | | | | | |
|---------------------|--|---|--|---|---------------------------------------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM | 8.30 – 9.15 KEEP ON MOVING | | | | |
| | 9.30 – 10.15 AQUA AEROBICS | | 9.30 – 10.15 AQUA ZUMBA | 9.30 – 10.15 KEEP ON MOVING | 9.30 – 10.15 HIIT |
| | | 10.30 – 11.15 YOUNG AT HEART | 10.30 – 11.15 KEEP ON MOVING | 10.30 – 11.15 AQUA AEROBICS | 10.30 – 11.15 AQUA AEROBICS |
| | | 11.30 – 12.15 YOUNG AT HEART AQUA | | 11.30 – 12.15 YOUNG AT HEART AQUA | 11.30 – 12.15 AQUA AEROBICS |
| PM | 6.00 – 6.45 STRETCH & TONE | | 6.00 – 6.45 HIIT | 6.00 – 6:45 BOXFIT | |
| | 7.05 – 7.50 AQUA AEROBICS | 7.05 – 7.50 AQUA TABATA | 7.05 – 7.50 AQUA AEROBICS | 7.05 – 7.50 AQUA AEROBICS | |
| | | | | 8.05 – 8.50 STRETCH & TONE | |

Please note: Instructors and classes are subject to change without notice.

Classes must be pre-booked.

All classes are 45 minutes

Classes are being run in accordance with COVID-19 restrictions.

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| AQUA AEROBICS | Low impact total body workout includes toning with aqua dumbbells and noodles. Suitable for all fitness levels. |
| AQUA BOXFIT | A 45-minute class combining boxing combinations, HIIT and resistance training in a water environment. |
| AQUA TABATA | A HIIT class designed for water using maximum effort for 20 seconds and recovery for 10 seconds. |
| AQUA ZUMBA | A combination of Aqua Aerobics with the upbeat, Latin-infused dance moves and music of Zumba. |
| BOXFIT | Boxfit is a high intensity cardio class with gloves and pads. Learn combinations and correct technique while raising your heart rate and working up a sweat. |
| HIIT | A High Intensity Interval Training combining strength and cardiovascular exercises for the ultimate workout |
| KEEP ON MOVING | Engages the body to continuously move to improve balance in day-to-day movements. |
| STRETCH & TONE | Improve your muscle tone and flexibility with this whole-body conditioning class. Work your muscles and leave them feeling stretched and strengthened. |
| YOUNG AT HEART | Young at Heart is a low to moderate exercise program open to everyone. It is designed to be safe for people with cardiac or diabetic conditions. Exercise at your own pace. |

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 classes 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 any studio room.
- Children are not allowed to be left unattended.

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