

GROUP FITNESS TIMETABLE
1 SEPTEMBER – 30 SEPTEMBER 2019



Aqua

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM	H2O NO LIMITS Jenny	H2O NO LIMITS Mel	H2O NO LIMITS Holly	H2O NO LIMITS Pat	H2O YOUNG @ HEART Mel
10:30AM	H2O NO LIMITS Jenny				
7:05PM	H2O NO LIMITS Pat			H2O NO LIMITS Pat	

**Please note classes and instructors may change without notice.*

Aqua

H2O No Limits: ‘Celebrate your Lifestyle Future’. This fabulous, simple to follow aqua program is an amazing way to get started in our Lifestyle Zone. Includes toning with the aqua dumbbells and woggles. Suitable for everyone!

Young at Heart: A low impact / gentle exercise aerobics/aqua aerobics class for seniors over 50years.

Etiquette

- * 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.
- * Aqua participants need to be 12 years
- * Children are not allowed to be left unattended.

Sandcastle Crèche – Permitted for children aged 8 weeks to 12 years (primary school)

Monday - 8.45am -12.45pm and 5pm – 8pm
 Tuesday, Wednesday, & Friday - 8.45am -12pm
 Thursday - 8.45am -12.30pm
 Saturday - 8.15am – 11.45am

