

# GROUP FITNESS TIMETABLE

- As of 29th June 2009 -



## WATER CLASSES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
9:30am	<b>Deep Aqua DPool</b> 45min Marg M	<b>Deep Aqua DPool</b> 45min Teresa	<b>Deep Aqua DPool</b> 45min Marg C	<b>Deep Aqua DPool</b> 45min Marg M / Michelle D	<b>Deep Aqua DPool</b> 45min Michelle D	
10.30am	<b>Aqua Pilates 25mP</b> 60min Marg M	<b>Shallow Aqua 25mP</b> 45min Teresa	<b>Gentle Aqua 25mP</b> 45min Marg C	<b>Shallow Aqua 25mP</b> 45min Michelle D	<b>Shallow Aqua 25mP</b> 45min Michelle D	
11.30am	<b>Shallow Aqua 25mP</b> 45min Marg M					
5:00pm						
6:00pm				<b>Aqua Thai Box 25mP</b> 45min Marg M		<b>5:00pm Deep Aqua DPool</b> 45min Michelle D/Marg C
6:15pm	<b>Deep Aqua 50mP</b> 45min Teresa	<b>Shallow Aqua 25mP</b> 45min Sharon E	<b>Deep Aqua DPool</b> 45min Dee			
7:00pm				<b>Aqua Pilates 25mP</b> 60min Marg M		

50mP = 50m Pool / DPool = Dive Pool / 25mP= 25m Pool

**AQUA PILATES** - Strengthen and stretch your body using your core centre. Beginners to Advanced. **AQUA TAI BOX** - A mix of self-defence moves incorporating strength and aerobic work in the safe water environment. Great workout. **DEEP AQUA** - Held in the Dive Pool and utilising buoyancy belts and dumbbells. Beginners to Advanced. **GENTLE AQUAROBICS** - Gentle exercise in the warmer 25m Pool. Great for chronic back pain and arthritis. **SHALLOW AQUA** - A water exercise class for tone muscles and increase the efficiency of your heart & lungs. Beginners to Advanced.



## LAND CLASSES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	<b>Gym Circuit</b> 60min Sharon E		<b>Spinning</b> 45min Dee		<b>Fighting Fit</b> 60min Mau	
8:00am			<b>Tai Chi</b> 60min Rhadika			
9:00am	<b>Abs and Thighs</b> 30min Marg M	<b>B.I.T.S.A</b> 50min Fiona	<b>Gentle Yoga</b> 60min Rhadika	<b>Abs and Thighs</b> 30min Marg M	<b>Triple B</b> 30min Linda	
9:00am		<b>Spinning</b> 45min Cathy			<b>Spin Begin</b> 30min Teresa	
9:30am	<b>Body Pump</b> 60min Fiona			<b>B.I.T.S.A.</b> 50min Teresa / Marg M	<b>Spinning</b> 45min Teresa	
9:30am					<b>Bodybasics</b> 60min Linda	
10:00am		<b>Body Pump</b> 60min Cathy	<b>Dynamic Dance</b> 60min Dee			<b>Spinning</b> 45min Cathy / Sean H
10:30am	<b>Body Step</b> 60min Gall			<b>Pilates</b> 60min Marg M	<b>Body Pump</b> 60min Fiona	
11:00am		<b>Yoga</b> 60min Rhadika	<b>Fighting Fit</b> 60min Mau			
6:00pm	<b>Body Pump</b> 60min Peta	<b>CardioRope/Powerball</b> 50min Marg M	<b>Body Pump</b> 60min Peta	<b>Body Combat</b> 60min Gall		
6:15pm	<b>S.O.S. / Bootcamp</b> 60min Michelle P			<b>Spinning</b> 45min Cathy		
7:00pm	<b>Spinning</b> 45min Teresa	<b>Pilates</b> 60min Marg M				
7:15pm	<b>Yoga</b> 60min Rhadika		<b>Total Body Circuit</b> 60min Dee			

**ABS AND THIGHS** - 30 minute no impact class using exercises to target abdominals, hips and thighs. **B.I.T.S.A.** - Body Bar, Interval Training, Step & Abdominal class. **BODYBASICS** - Similar to Bodyblast Trainer but lower impact. Great for beginners. **BODY COMBAT** - Combination of martial arts, Kun Fu, karate, kickboxing styles. **BODY PUMP** - Resistance and muscular endurance workout using barbells to music. **BODY STEP** - Combination of aerobic and step moves. **CARDIO ROPE / POWERBALL** - Cardio Rope: Skipping class to burn some extra kilos an increase your fitness level. Powerball: A total body workout using the fitball. **DYNAMIC DANCE** - A Fusion of Modern Dancing Styles to get you moving to the beat. **FIGHTING FIT** - Fantastic total body circuit incorporating boxing techniques and training styles. **GYM CIRCUIT** - Cardio & Resistance class. **PILATES** - Total body conditioning working from the inside out. Based on correct breathing techniques, controlled moves and good posture to increase strength and flexibility. **S.O.S.** - Summer Outdoor Session - Bootcamp style class. **SPINNING** - Fantastic Cardio class utilising stationary exercise bikes. **SPIN BEGIN** - 30 minute Spinning classes for beginners. **TAI CHI** - Gentle Chinese martial art techniques. **TOTAL BODY CIRCUIT** - The class is the total body workout, incorporating body weight exercises, boxing, skipping, ab work and any other body breaking exercise that the instructor can think of. **TRIPLE B (Bellies, Buns & Balls)** - 30 minute Fitball class using exercises to target abdominals, hips and thighs. **YOGA / GENTLE YOGA** - Ayur Yoga (Yoga for Life) stretching through breathing. For the well-being of mind & body.



## TRI TRAINING SESSIONS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT /SUN
5:30am	<b>Swim H2O 50mP</b> 90min Rob	<b>Swim H2O 50mP</b> 90min Rob		<b>Swim H2O 50mP</b> 90min Rob		
6:00am		<b>Run H2O</b> Meet at Gym 60min David		<b>Run H2O</b> Meet at Gym 60min David		
9:00am	<b>Run H2O</b> Meet at Gym 60min David		<b>Tri H2O</b> Meet at 50mP 90min Rob		<b>Run H2O</b> Meet at Gym 60min Michelle	
9:30am	<b>Swim H2O 50mP</b> 90min Rob	<b>Swim H2O 50mP</b> 90min Rob		<b>Swim H2O 50mP</b> 90min Rob		
10:30am					<b>Swim Begin H2O 50mP</b> 60min Rob	
6:00pm		<b>Run H2O</b> Meet at Gym 60min Dee		<b>Run H2O</b> Meet at Gym 60min Adden		
6:15pm			<b>Tri H2O</b> Meet at 50mP 90min Rob			
7:00pm	<b>Swim H2O 50mP</b> 90min Steve	<b>Swim H2O 50mP</b> 90min Steve		<b>Swim H2O 50mP</b> 90min Steve		

**RUN H2O** - Running group for all levels of fitness from Beginner to Experienced runners. **SWIM H2O** - Stroke correction and swim training session. Great for people training for Triathlon, Ocean Swimming or Masters swimming. **SWIM BEGIN H2O** - Suitable for those who can swim but have never tried swimming with a group before. **TRI H2O** - A combination of swimming, stationary cycling and running. Fantastic cross-training class ideal for Triathletes.