

## WATER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:30am	<b>Squad H2O</b> 50mP 90min Rob	<b>Squad H2O</b> 50mP 90min Rob		<b>Squad H2O</b> 50mP 90min Rob		
7.00am	<b>*Squad H2O</b> DPool 60min Rob	<b>*Squad H2O</b> 50mP 60min Rob		<b>*Squad H2O</b> 50mP 60min Rob		
7.00am	<b>*Deep Aqua</b> DPool 45min Marg M	<b>*Deep Aqua</b> DPool 45min Teresa	<b>*Deep Aqua</b> DPool 45min Marg C	<b>*Deep Aqua</b> DPool 45min Michelle D	<b>*Deep Aqua</b> DPool 45min Michelle D	
9.30am	<b>Aqua Pilates</b> 25mP 60min Marg M	<b>Shallow Aqua</b> 25mP 45min Teresa	<b>Gentle Aqua</b> 25mP 45min Marg C	<b>Shallow Aqua</b> 25mP 45min Michelle D	<b>Shallow Aqua</b> 25mP 45min Michelle D	
10.30am	<b>Shallow Aqua</b> 25mP 45min Marg M					
5.00pm				<b>Aqua Thai Box</b> 25mP 45min Marg M		<b>SUN 5.00pm</b> <b>Shallow Aqua</b> 25mP 45min Michelle D/ Marg C
6:00pm						
6:15pm	<b>Deep Aqua</b> 50mP 45min Teresa	<b>Shallow Aqua</b> 25mP 45min Sharon E	<b>Deep Aqua</b> 50mP 45min Dee			
7:00pm	<b>Squad H2O</b> 50mP 90min Adam	<b>Squad H2O</b> 50mP 90min Adam		<b>Squad H2O</b> 50mP 90min Adam		
7:00pm				<b>Aqua Pilates</b> 25mP 60min Marg M		

\* 7.00am Deep Aqua & \*7.00am Swim H2O may be cancelled during Carnival Season (Feb/March). To be substituted by **Other Class or Activity** where possible. See Noticeboards or website.

**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.

**SQUAD H2O** - Suitable for all those who can swim but who need some stroke correction.

## LAND CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		<b>Spinning</b> 45min Di R		<b>Run H2O</b> MEET AT GYM RECEPTION 60min David	<b>Fighting Fit</b> 60min Mau	
8:00am			<b>Tai Chi</b> 60min Rhadika			<b>Spinning</b> 45min Di R
8.50am	<b>Abs and Thighs</b> 30min Marg M	<b>8.50am</b> <b>Body Attack</b> 60 min Janeece	<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				
9.30am	<b>Body Pump</b> 60min Fiona			<b>B.I.T.S.A.</b> 60min Marg M	<b>Spinning</b> 45min Teresa	
9.30am					<b>Bodybasics</b> 60min Linda	
10:00am		<b>Body Pump</b> 60min Cathy	<b>Fighting Fit</b> 60min Mau			
10.30am	<b>Body Step</b> 60min Gail			<b>Pilates</b> 60min Marg M	<b>Body Pump</b> 60min Fiona	
11.00am		<b>Yoga</b> 60min Rhadika				
6.00pm	<b>Body Pump</b> 60min Peta		<b>Body Pump</b> 60min Peta	<b>Body Attack</b> 60 min Janeece		
6.15pm	<b>S.O.S. Boot Camp</b> (summer months only) 60min Dee MEET AT LAWN OUTSIDE AQUATIC RECEPTION	<b>Run H2O</b> 60min David MEET AT GYM RECEPTION	<b>Tri H2O</b> 90min Rob MEET AT 50m POOL	<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>Spin Fit</b> 60min Dee	<b>Yoga</b> (summer months only) 60min Rhadika		

**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.

**BODY ATTACK** - A high cardio fitness calorie burning workout. **BODYBASICS** - Similar to Bodyblast Trainer but lower impact. Great for beginners.

**BODY PUMP** - Resistance and muscular endurance workout using barbells to music. **New Pump please arrive 10 minutes prior to start time for set up and technique tips.**

**BODY STEP** - Combination of aerobic and step moves. / **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. Controlled moves to increase strength and flexibility.

**SKIP FIT** - Skipping and Circuit Class designed to burn some extra kilos an increase your fitness level.

**S.O.S. BOOT CAMP** - Summer Outdoor Session - Bootcamp style class. / **SPINNING** - Fantastic Cardio class utilising stationary exercise bikes.

**SPIN FIT** - Spinning, Circuit Training and Boxercise. / **TAI CHI** - Gentle Chinese martial art techniques. / **TRI H2O** - 30mins Swim / 30mins Spin Bikes / 30min Run.

**TRIPLE B (Bellies, Buns & Balls)** - 30 minute Fitball class using exercises to target abdominals, hips and thighs.