

## 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		
9.30am	<b>Squad H2O</b> 50mP 90min Rob	<b>Squad H2O</b> 50mP 90min Rob		<b>Squad H2O</b> 50mP 90min Rob		
9.30am	<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	
10.30am	<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	
11.30am	<b>Shallow Aqua</b> 25mP 45min Marg M					
5.00pm				<b>Shallow Aqua</b> 25mP 45min Marg M		<b>SUN 5.00pm</b> <b>Deep Aqua</b> DPool 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	<b>Squad H2O</b> 50mP 90min		<b>Squad H2O</b> 50mP 90min		
7:00pm				<b>*Aqua Pilates</b> 25mP 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.

**DEEP AQUA** - Held in the Dive Pool and utilising buoyancy belts and dumbbells. Beginners to Advanced.

**GENTLE AQUA AEROBICS** - 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.

**\*Specialty Classes** - Aqua Pilates, Pilates, Yoga, Gentle Yoga, Tai Chi, Chi Ball, Fighting Fit, Box Fit and Zumba attract a higher casual attendance fee. Refer to price list for further information.

## LAND CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		<b>Spinning</b> 45min Di		<b>6.00am</b> <b>Run H2O</b> 60min David	<b>Triple C</b> 60min Maggie	
6:00am				<b>Cancelled - July 29th / Aug 5th</b> <b>Re-commencing - Aug 12th</b>	<b>*Chi Ball</b> 60min Marg C	<b>Spinning</b> 45min Di
8:00am			<b>*Tai Chi</b> 60min Radhika			
9:00am	<b>Abs and Thighs</b> 30min Marg M	<b>Spinning</b> 45min Cathy	<b>*Gentle Yoga</b> 60min Radhika	<b>*Zumba</b> 60min Cassie B	<b>Triple B</b> 30min Linda	
9:00am		<b>Body Attack™</b> 60min Maggie			<b>9.30am</b> <b>Spinning</b> 45min Teresa	
9:30am	<b>Body Pump™</b> 60min Fiona				<b>Bodybasics</b> 60min Linda	
10:00am		<b>Body Pump™</b> 60min Cathy	<b>*Fighting Fit</b> 60min Mau	<b>Body Attack™</b> 60min Maggie		
10.30am	<b>Body Step™</b> 60min Gail	<b>11.00am</b> <b>*Yoga</b> 60min Radhika		<b>11.00am</b> <b>*Pilates</b> 60min Marg M	<b>Body Pump™</b> 60min Fiona	
5.30pm						
6:00pm	<b>Body Pump™</b> 60min Peta	<b>*Box Fit</b> 60min Dee	<b>Body Pump™</b> 60min Peta	<b>5.30pm</b> <b>Body Pump™</b> 45min Cathy		
6.15pm		<b>Run H2O</b> 60min David		<b>6.30pm</b> <b>*Zumba</b> 60min Robyn C		
6.30pm		<b>Cancelled - July 27th, Aug 3rd, Aug 10th</b> <b>Re-commencing - Aug 17th</b>		<b>Spinning</b> 45min Cathy		
7:00pm	<b>Spinning</b> 45min Teresa	<b>*Pilates</b> 60min Marg M	<b>*Chi Ball</b> 60min Marg C			
7:15pm	<b>*Yoga</b> 60min Rhadika		<b>Spinning</b> 60min Dee			

**ABS AND THIGHS** - 30 minute no impact class using exercises to target abdominals, hips and thighs.

**BODY ATTACK** - A high cardio fitness calorie burning workout. / **BODYBASICS** - 3 Styles in 1 hour, low impact, basic step & muscle conditioning, Great for beginners.

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

**BODY STEP** - Combination of aerobic and step moves. / **BOX FIT** - Combination of skipping, leg exercises, boxing drills and circuit training to deliver a fantastic workout.

**CHI BALL** - Chi-Ball combines the ancient and modern exercise philosophies of Tai chi, Yoga, Pilates and meditation to promote harmony of the body and balance the mind.

**FIGHTING FIT** - Fantastic total body circuit incorporating boxing techniques and training styles. **SPINNING** - Fantastic cardio class utilising stationary exercise bikes

**PILATES** - Total body conditioning working from the inside out. Controlled moves & posture to increase strength & flexibility. **TAI CHI** - Gentle Chinese martial art techniques.

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

**TRIPLE C (Cardio, Combo Class)** - 60 minute cardio fitness class combining elements of boxing, circuit and freestyle aerobics.

**YOGA / GENTLE YOGA** - Ayur Yoga (Yoga for Life) stretching through breathing. For the well-being of mind & body.

**ZUMBA** - A fusion of Hypnotic Latin Rhythms and easy-to-follow moves that create a one-of-a-kind fitness class.