

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STRENGTH &amp; CONDITIONING</b> 9.30am – 10.15am	<b>EXPRESS SPIN</b> 9.30am – 10am	<b>HIIT</b> 9.30am – 10am	<b>STRENGTH &amp; CONDITIONING</b> 9.30am – 10.15am	<b>EXPRESS SPIN</b> 9.30am – 10am		
					<b>SPIN &amp; ABS</b> 10am – 10.45am	
<b>AQUA AEROBICS</b> 11am – 11.40am		<b>AQUA AEROBICS</b> 11am – 11.40am		<b>AQUA AEROBICS</b> 11am – 11.40am		<b>GOLDEN YEARS PILATES</b> 11am – 11.45am
<b>EXPRESS SPIN</b> 6.15pm – 6.45pm	<b>BARS &amp; BELLS LOWER BODY</b> 6.15pm – 6.55pm	<b>KETTLEBELLS</b> 6.15pm – 6.55pm	<b>BARS &amp; BELLS UPPER BODY</b> 6.15pm – 6.55pm			
<b>PILATES</b> 7pm – 8pm	<b>AQUA AEROBICS</b> 7pm – 7.40pm	<b>EXPRESS SPIN</b> 7pm – 7.30pm	<b>AQUA AEROBICS</b> 7pm – 7.40pm			

*Please wear comfortable clothing, arrive on time for your class, bring a small towel and bottle of water, and notify the instructor if any injuries, illnesses or pregnant.*

- AQUA AEROBICS - is a pool based, low-impact group fitness session. It gives you a good cardio workout, gently increasing your pulse and breathing rate which makes it great for keeping a healthy heart.
- BARS & BELL - warming up with dynamic mobility exercises followed by a 2-Day split workout using dumbbells and a weighted bar.
- HIIT – High Intensity Interval Training
- KETTLEBELLS – this full body session will work all your major muscle groups and will combine strength, flexibility and cardiovascular training.
- PILATES – a low-impact exercise method that focuses on strengthening core muscles, improving flexibility, enhancing posture and relieving lower back pain.
- GOLDEN YEARS PILATES – discover the joy of movement and build strength, flexibility, and overall well-being with gentle Pilates.
- SPIN - a group indoor cycling class focusing on speed and endurance.
- STRENGTH & CONDITIONING - a wide range of exercises developed to build a variety of skills with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance.