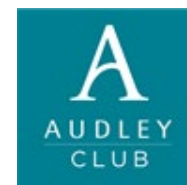


# CLASS TIMETABLE



From January 2025

| Time             | Class                               | Instructor | Gym use allowed |
|------------------|-------------------------------------|------------|-----------------|
| <b>MONDAY</b>    |                                     |            |                 |
| 10:00 – 11:00    | Find your flow Yoga                 | Carly      | No              |
| 15:00 – 15:45    | Chair Cardio                        | Lisa       | No              |
| 16:15 – 17:00    | Owners Line Dancing                 | Owners     | No              |
| 17:00 – 18:00    | Owners Family Swim                  | N/A        | Pool - No       |
| 18:15 – 19:00    | Boot Camp Circuits                  | Lisa       | Yes             |
| <b>TUESDAY</b>   |                                     |            |                 |
| 11:15 – 12:00    | Aqua                                | John       | Pool - No       |
| 13:00 – 13:45    | Functional Circuits                 | Lisa       | No              |
| 18:00 – 18:30    | Low Impact Cardio                   | Lisa       | Yes             |
| <b>WEDNESDAY</b> |                                     |            |                 |
| 13:00 – 13:55    | Pilates based mat work with balls   | Lisa       | No              |
| 17:00 – 17:30    | Legs, Bums & Tums                   | Lisa       | Yes             |
| <b>THURSDAY</b>  |                                     |            |                 |
| 09:00 – 09:50    | Stretch & Relaxation                | Lisa       | No              |
| 11:15 – 12:00    | Aqua                                | John       | Pool - No       |
| 15:00 – 15:45    | Chair Cardio                        | Lisa       | No              |
| 17:00 – 18:00    | Owners Family Swim                  | N/A        | Pool - No       |
| 18:15 – 19:00    | Self-lead Circuits                  | N/A        | Yes             |
| <b>FRIDAY</b>    |                                     |            |                 |
| 10:15 – 11:00    | Pilates                             | Lisa       | No              |
| 12:00 – 14:00    | Pool & Wet Side closed for cleaning | N/A        | Pool - No       |
| 14:15 – 15:00    | Aqua                                | John       | Pool - No       |
| <b>SATURDAY</b>  |                                     |            |                 |
| 11:00 - 12:00    | Owners and Family Swim Only         | N/A        | Pool - No       |
| <b>SUNDAY</b>    |                                     |            |                 |
| 15:00 – 16:00    | Owners Family Swim Only             | N/A        | Pool - No       |

Advance booking required and subject to availability. Book classes online via Smoothbook.

## Personal Training

Achieving your fitness goals is easier with the guidance of a Personal Trainer. A dedicated expert by your side to keep you motivated, track your progress, and ensure you're doing the right exercises to maximize your results. A Personal Trainer doesn't just improve your fitness—they help you reach your goals faster while making the journey enjoyable. *(Please note: Additional charges apply.)*



## AQUA

Working out in this water-based class, using the constant resistance and reducing impact on joints that water provides. Working on muscle tone and range of movement. Great fun and sing along if you want with music from the 60's, 70's and 80's.

## BOOT CAMP CIRCUITS

A class working the whole body as well as your heart and lungs, exercises can be made easier or harder depending on your muscular strength and endurance needs. There will be floor work and a good level of fitness is required.

## CHAIR CARDIO

Get active - from the comfort of a chair. Gentle seated exercises to help improve circulation and strengthen muscles and joints; helping maintain mobility.

## FUNCTIONAL CIRCUITS

This class will help all those who would like to use the gym but are very unsure of how to use the equipment. Functional exercise helps us with our everyday activities, increases strength and cardio fitness. These circuits are all standing or seated with no floor work.

## LEGS, BUMS AND TUMS

Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels. This class includes floor work and a good level of fitness is required.

## LINE DANCING

Owners meet and use the studio to practice their line-dancing skills together. Good fun and a great workout too!

## LOW IMPACT CARDIO

You don't need to do high impact, running or jumping around to get a good workout. Low-impact workouts can be effective and provide great benefits to your fitness levels as well as a kinder workout for your joints. A low-impact workout can help you build both strength and cardio endurance. This class requires a good level of fitness.

## MAT WORK PILATES/BALLS

This class concentrates core strength and stability. It is important to increase strength as we age for bone health, enhancing your quality of life and to improve your ability to do everyday activities. Pilates based mat work helps improve overall balance and flexibility and may reduce your risk of falls. This class will finish with a period of relaxation to help focus and balance the mind and body.

## OWNERS FAMILY SWIM

Open for owner's can bring their family members to the club.

## STRETCH AND RELAXATION

Mindful movement and stretching for relaxation and flexibility. Simply focus your attention on your breathing, its natural rhythm and flow and the way it feels on each inhale and exhale. Mat work involved.

## YOGA

Mindfulness in motion, Asanas (postures) and Pranayama (breathing) are used to strengthen and lengthen the whole body