

# GROUP FITNESS TIMETABLE



Effective from 26th Feb 2024

Mon	Tues	Wed	Thur	Fri	Sat
	8:00 AM Gentle Aqua 45 mins Bec			8:00 AM Gentle Aqua 45 mins Indi	8:15 AM ABT 45 mins Indi
9:00 AM Senior Strength 45 mins Michelle	9:00 AM AquaFit 45 mins Bec	9:00 AM Senior Strength 45 mins Michelle	9:00 AM AquaFit 45 mins Bec	9:00 AM AquaFit 45 mins Indi	9:00 AM Aqua Bootcamp 45 mins Indi
	5:30 PM Strength 45 mins Indi	5:30 PM POW-R AQUA 45 mins Steve	5:30 PM Strength & Conditioning 45 mins Indi		
25m Pool		Program Pool		Multi-Purpose Room / Gym	

Please Note: This timetable is subject to change on short notice. Classes have participant capacities - book in ahead on the Activeworld app or arrive on time to avoid disappointment.

# CLASS DESCRIPTIONS

## **Aqua Fit**

Aquafit is a water-based cardiovascular conditioning class that will work your whole body using the resistance of the water & equipment such as dumbbells, noodles, kickboards etc. This class is a low-impact class and is suitable for all abilities.

## **Aqua Bootcamp / POW-R AQUA**

This class is a high-intensity water-based class that focuses on strength, power and endurance in the water. This is a low-impact class and is suitable for all abilities.

## **Gentle Aqua**

Gentle Aqua is a shallow water-based class. It is low-intensity and focuses on increasing strength, balance and mobility. This class is well-suited to seniors or individuals recovering from injury.

## **Senior Strength**

Seniors Strength is a land-based class suited to older adults, beginners or simply those wanting a low-impact option that improves strength, balance and mobility. This class is also suitable for those restricted by injury, orthopedic and/or chronic conditions.

## **Strength & Conditioning**

This is a high-intensity class that includes a variety of strength, conditioning and cardio style training to work the whole body. Suitable for intermediate or advanced levels.

## **ABT (Abs, Butts & Thighs)**

ABT uses controlled exercises to build and sculpt your abs, butt and thighs. Suitable for all abilities.

## **Strength**

Strength training uses predominately weighted exercises to improve muscular strength. This is a well-rounded full body workout that utilises compound exercises paired with some accessory exercises to get you feeling and looking stronger! Suitable for all abilities.

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