

class description...

Welcome to group fitness!

Our comprehensive range of classes offers something for everyone, whatever your ability, age or interest, combined with a friendly atmosphere and the best instructors to ensure you enjoy a great workout.

Aqua Tone – A fun, water based workout to music. A great workout for everyone and particularly good for those recovering from injury, pregnancy or joint problems, as the water cushions the moves.

Aerobics – This class combines a mixture of high and low impact aerobic moves of different intensities, maximising fat burning and improving cardiovascular fitness. Usually requires some co-ordination.

Basic Aerobics/Step – This class is designed for everyone. A low or mixed impact class for those who enjoy less choreography.

BodyBalance – This is a dynamic yoga-based stretch programme that invigorates and tones, releasing tight muscles and leaving you in a state of energized calm.

BodyCombat – A fun filled, action-packed martial arts based class that improves strength, flexibility and endurance.

BodyJam – Want to salsa, meringué, and dance or even try some Broadway routines but you think you can't? Think again! **BodyJam** gives you the moves and grooves to make you dance like the best.

BodyPump – The first class to combine high repetition weight training and aerobic conditioning. It will tone your body, help you lose weight and change your body shape, all in record time! A technique class must be taken prior to joining the class.

BodySculpt – Step routines combined with interval training working major muscle groups whilst burning fat.

BodyStep – A low or mixed impact workout using a step. **BodyStep** allows you to work at the intensity you want without having to think too hard! Simple yet effective choreography combined with powerful, athletic moves.

Bums, Tums, Thighs – A low impact muscular strength and endurance workout, designed to work specific areas.

Circuits – Station based workout for the whole body, with a mixture of cardiovascular and strength work, allowing you to work at your own intensity regardless of your fitness ability.

Pilates – The original authentic mat-work exercise that gives you long lean toned muscles, better posture, a healthy back, perfect body shape and a calm mind.

Yoga – Exercises and postures to release habitual patterns of tension in mind, body and breathing. Improves posture, stamina and flexibility.

X-Biking – A half hour indoor cycling exercise class, which works the upper body and core as well as legs. A total body workout that will burn more calories in a shorter time. There are two types of classes, Instructor Lead Sessions and Virtual Reality X-Biking (VRX).

July 09

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KEY to Levels

1 Beginner
2 Intermediate
3 Intermediate/advanced
ALL Class aimed at all levels

Key to Asterisks

* 30 to 45 minutes
** 45 minutes
*** 90 minutes

Day	Time	Class	Level	Type	Location	Day	Time	Class	Level	Type	Location	
Monday	9.30am	AEROBICS	ALL	Aerobic/Conditioning	Studio	Thursday	7.00am*	X-BIKING	ALL	Instructor Lead	Function Room	
	10.45am	BODYPUMP	ALL	Aerobic/Weight Training	Studio		9.30am	BODY SCULPT	ALL	Aerobic/Conditioning	Studio	
	10.00am**	ANTE NATAL AQUA	ALL	Water Aerobics	Pool		10.45am***	HATHA YOGA	50+	Yoga	Studio	
	10.45am**	AQUA TONE	ALL	Water Aerobics	Pool		12.30pm	PILATES	ALL	Conditioning/Stretch	Studio	
	12.00pm	PILATES	ALL	Conditioning/Stretch	Studio		12.45am*	X-BIKING ▲	ALL	Instructor Lead	Function Room	
	12:45pm*	X-BIKING ▲	ALL	VRX or Instructor Lead	Function Room		2.00pm	AQUA TONE	ALL	Water Aerobics	Pool	
	1.00pm	PILATES	ALL	Conditioning/Stretch	Studio		2.00pm*	X-BIKING ▲	ALL	VRX or Instructor Lead	Function Room	
	2.00pm	PILATES INTRODUCTION COURSE	1	Beginners Pilates	Studio		5.15pm*	X-BIKING	ALL	Instructor Lead	Function Room	
	6.00pm**	PILATES	ALL	Conditioning/Stretch	Studio		6.00pm	BODYJAM	ALL	Dance/Aerobics	Function Room	
	6.00pm*	X-BIKING	ALL	Instructor Lead	Function Room		6.15pm*	BODYPUMP TECHNIQUE (every other week)	1	Technique class	Studio	
	7.00pm	BODYBALANCE	ALL	Yoga/Stretch	Small Hall		7.00pm	BODYPUMP	ALL	Aerobic/Weight Training	Studio	
	7.00pm	BODYPUMP	ALL	Aerobic/Weight Training	Studio		7.00pm	BUMS, TUMS, THIGHS	ALL	Conditioning	Function Room	
7.00pm	BODYCOMBAT	ALL	Martial Arts Based	Function Room	7.00pm	PILATES INTRODUCTION COURSE	1	Beginners Pilates	Small Hall			
8.15pm*	X-BIKING	ALL	VRX or Instructor Lead	Function Room	8.15pm*	X-BIKING	ALL	VRX or Instructor Lead	Function Room			
9.00pm*	X-BIKING	ALL	Instructor Lead	Function Room	8.15pm	BODYCOMBAT	ALL	Martial Arts Based	Studio			
Tuesday	7.00am*	X-BIKING	ALL	Instructor Lead	Function Room	Friday	9.30am	BODYSTEP	2	Step	Studio	
	9.30am	BODYJAM ▲	ALL	Dance/Aerobics	Function Room		10.45am	BODYPUMP	ALL	Aerobics/Weight Training	Studio	
	9.30am	BODYSTEP	2	Step	Studio		5.15pm*	X-BIKING	ALL	Instructor Lead	Function Room	
	10.45am	BODYBALANCE	ALL	Yoga/Stretch	Studio		6.00pm*	X-BIKING	ALL	VRX or Instructor	Function Room	
	10.45am*	X-BIKING ▲	ALL	VRX or Instructor Lead	Function Room		7.00pm	BODYBALANCE ▲	ALL	Yoga/Stretch	Studio	
	1.30pm***	ANUSARA YOGA (flowing with grace)	ALL	Yoga/Stretch	Studio		Saturday	8.15am**	AQUA TONE	ALL	Water Aerobics	Pool
	2.00pm	AQUA TONE	ALL	Water Aerobics	Pool			8.30am	YOGA	ALL	Yoga	Function Room
	5.30pm*	X-BIKING	ALL	Instructor Lead	Function Room			9.30am	BODYSTEP	2	Step	Studio
	6.45pm	BODYJAM	ALL	Dance/Aerobics	Function Room			9.30am	BODYCOMBAT	ALL	Martial Arts Based	Function Room
	7.15pm	BODYSTEP	2	Step	Studio			10.45am	BODYPUMP	ALL	Aerobic/Weight Training	Studio
	7.45pm	BUMS, TUMS, THIGHS	ALL	Conditioning	Function Room			10.45am*	X-BIKING (Junior Class from age 11)	ALL	VRX or Instructor Lead	Function Room
	8.00pm	AQUA TONE	ALL	Water Aerobics	Pool			11.45pm**	PILATES	ALL	Conditioning/stretch	Studio
8.15pm**	PILATES	ALL	Conditioning/Stretch	Studio	Sunday	8.45am*		BODYPUMP TECHNIQUE (every other week)	1	Technique Class	Studio	
9.00pm*	X-BIKING	ALL	Instructor Lead	Function Room		9.30am		BODYPUMP	ALL	Aerobic/Weight Training	Studio	
Wednesday	7.00am*	X-BIKING	ALL	Instructor Lead		Function Room		10.00am*	X-BIKING	ALL	VRX or Instructor Lead	Function Room
	9.30am	BUMS, TUMS, THIGHS	ALL	Conditioning		Studio		10.45am*	X-BIKING	ALL	Instructor Lead	Function Room
	10.00am	AQUA TONE	ALL	Water Aerobics		Pool		10.45am	BUMS, TUMS, THIGHS	ALL	Conditioning	Studio
	10.45am	PILATES	ALL	Conditioning/Stretch		Studio	6.00pm*	X-BIKING	ALL	Instructor Lead	Function Room	
	12.15pm*	X-BIKING ▲	ALL	VRX or Instructor Lead		Function Room	HEIGHT RESTRICTION APPLIES	6.00pm	PILATES	ALL	Conditioning/Stretch	Studio
	1.00pm	BODY PUMP ▲	ALL	Aerobic/Weight Training		Studio		4.15pm*	X-BIKING (Junior Class from age 11) ▲	ALL	VRX or Instructor Lead	Function Room
	4.15pm*	X-BIKING (Junior Class from age 11) ▲	ALL	VRX or Instructor Lead		Function Room		5.00pm*	X-BIKING	ALL	Instructor Lead	Function Room
	5.00pm*	X-BIKING	ALL	Instructor Lead		Function Room		6.00pm	PILATES	ALL	Conditioning/Stretch	Studio
	6.00pm	PILATES	ALL	Conditioning/Stretch		Studio		6.00pm	BASIC AEROBICS	ALL	Aerobic/Conditioning	Function Room
	6.00pm	BASIC AEROBICS	ALL	Aerobic/Conditioning		Function Room		7.00pm	BODYBALANCE	ALL	Yoga/Stretch	Function Room
	7.00pm	BODYBALANCE	ALL	Yoga/Stretch	Function Room	7.15pm		CIRCUITS	ALL	Aerobics/Strength	Studio	
	7.15pm	CIRCUITS	ALL	Aerobics/Strength	Studio	8.15pm*		X-BIKING	ALL	VRX or Instructor Lead	Function Room	
8.15pm*	X-BIKING	ALL	VRX or Instructor Lead	Function Room	8.20pm	BODYPUMP		ALL	Aerobic/Weight Training	Studio		
8.20pm	BODYPUMP	ALL	Aerobic/Weight Training	Studio								

▲ These classes may not run during school holidays, please check with reception.

All classes are subject to change.