

# GYM CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5.45am</b>	<b>YOGA</b> <i>WITH CAROL</i>	<b>STRENGTH</b> <i>WITH NAOMI</i>		<b>STRENGTH</b> <i>WITH NAOMI</i>	<b>METAFIT</b> <i>WITH NAOMI</i>	
<b>7.00am</b>		<b>AQUA</b> <i>WITH SANDY</i>	<b>SPIN</b> <i>WITH SANDY</i>	<b>AQUA</b> <i>WITH SANDY</i>		<b>Alternating STRENGTH &amp; PILATES</b> <i>WITH SANDY &amp; NAOMI</i>
<b>8.15am</b>	<b>ACTIVE</b> <i>WITH SANDY</i>	<b>AEROBICS</b> <i>WITH SANDY</i>		<b>STRENGTH</b> <i>WITH KELLY</i>	<b>ACTIVE</b> <i>WITH SANDY</i>	<b>AQUA</b> <i>WITH SANDY &amp; NAOMI</i>
<b>9.15am</b>	<b>STRENGTH</b> <i>WITH KELLY</i>	<b>BLT</b> <i>WITH SANDY</i>		<b>PILATES</b> <i>WITH KELLY</i>	<b>SPIN</b> <i>WITH SANDY</i>	
<b>10.00am</b>		<b>STRETCH</b> <i>WITH SANDY</i>			<b>BOOTCAMP H2O</b> <i>WITH NAOMI</i>	
<b>10.30am</b>	<b>PILATES</b> <i>WITH KELLY</i>		<b>AQUA</b> <i>WITH NAOMI</i>	<b>BOXING</b> <i>WITH JESSE</i>		

<b>5.30pm</b>	<b>AQUA</b> <i>WITH NAOMI</i>	<b>BOXING</b> <i>WITH JESSE</i>	<b>AQUA</b> <i>WITH NAOMI</i>	<b>SPIN</b> <i>WITH KELLY</i>		
<b>6.15pm</b>			<b>YOGA</b> <i>WITH CAROL</i>	<b>METAFIT</b> <i>WITH NAOMI</i>		

## ENQUIRIES:

Contact our team via the reception desk, or call 3410 4010  
Timetable subject to change, follow our social media pages for updates.

# GYM CLASS DESCRIPTIONS

## STRENGTH

Shape and tone your entire body with this high rep training workout. Squat, lunge, press and curl your way to your personal best.

*Class time: 45mins for 5.45am classes, 60mins for 7.00am & 9.15am classes.*

## AQUA

Aqua is performed in waist deep or deeper water. It builds cardio stamina, strength, flexibility, burns body fat, increases circulation and can help rehabilitate healing muscles and joints. Great for elderly, pregnant women and anyone who loves the water.

*Class time: 60mins*

## ACTIVE

An energising step workout that incorporates cardio, strength, balance and flexibility sessions to shape & tone your body.

*Class time: 45mins*

## PILATES

A graceful exercise for balanced development of the body through core strength & flexibility. Pilates has a strong mind/body connection, you may like it if you enjoy yoga but need a more intense core workout.

*Class time: 45mins*

## AEROBICS

A FUN workout class with easy to follow routines, incorporating low impact moves.

*Class time: 45mins*

## YOGA

A gentle class improving strength, flexibility and sense of well-being. A combination of movement & breath.

*Class time: 60mins*

## BOOTCAMP

A variety of function movements that also mixes traditional calisthenic and body weight exercises, with interval and strength training. This class involves a mix of both on land & in the water activities.

*Class time: 60mins*

## BLT

Targets legs, abs and butt by combining strength and muscle toning exercises. Improves core strength.

*Class time: 45mins*

## SPIN

Tone and shape your legs, hips and butt, while increasing cardio fitness and burning calories.

*Class time: 45mins*

## METAFIT

Metafit is a high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.

*Class time: 30mins*

## BOXING

Use of boxing techniques and drills to develop core strength, improve endurance, coordination and stamina.

*Class time: 45mins*