

# GROUP FITNESS CLASSES

## TIMETABLE

From  
May 2025

	MON	TUES	WED	THURS	FRI
6:00					<b>Swim Fit</b> 60min (Kylie)
8:15	<b>AQUA</b> 45min (Elle)	<b>AQUA</b> 45min (Elle)	<b>AQUA</b> 45min (Elle)	<b>AQUA</b> 45min (Elle)	<b>AQUA</b> 45min (Elle)
9:00	<b>Low Impact Circuit</b> 45min (Elle)	<b>Low Impact Chair</b> 45min (Rachel)		<b>Low Impact Chair</b> 45min (Elle)	
10:00				<b>AQUA</b> 45min (Elle)	
17:00		<b>AQUA</b> 45min (Elle)	<b>AQUA</b> 45min (Elle)	<b>AQUA</b> 45min (Elle)	
		<b>Swim Fit</b> 60min (Kylie)		<b>Core and More</b> 60min (Kaileigh)	<b>Bootcamp</b> 60min (Kaileigh)

### AQUA AEROBICS

Aqua is low-impact, high-energy workouts conducted in water. Participants perform a variety of aerobic, strength, and flexibility exercises.

### SWIM FIT

Offers stroke correction in a friendly, social environment allowing adult participants to improve their swimming technique and fitness at their own pace.

### LOW IMPACT CHAIR

Yoga combines physical postures, breathing techniques, meditation, and mindfulness to promote overall well-being. Physical postures are performed in a flowing and mindful manner, synchronising movement with breath.

### LOW IMPACT CIRCUIT

A form of exercise that focuses on strength, flexibility, and core stability, while being a gentle beginner friendly circuit using a variety of equipment including hand weights, balls, bands.

### CORE AND MORE

A social and enjoyable class to work on strengthening and toning your abs, booty and thighs. Get ready to feel a burn like no other! Suitable for all fitness levels.

### BOOT CAMP

Get in on the Bootcamp action for a great alternative to cross training that burns more calories and gets faster results. Focused mainly on cardio and body weight exercises, this class is sure to leave you with a sweat!

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.



### BOOK YOUR SPOT THROUGH THE ACTIVE WORLD APP!

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For further assistance and to get in touch with us, use our online enquiry form or speak to us at reception.