

# Group Fitness Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am	CIRCUIT	STRENGTH	HIIT	STRENGTH	CIRCUIT 2 CORE	
7.00am	GOLD AQUA	AQUA	GOLD AQUA	AQUA	GOLD AQUA	
8.00am	GOLD ACTIVE CIRCUIT		GOLD ACTIVE STRETCH	LES MILLS PILATES	GOLD ACTIVE BALL	CIRCUIT
9.15am	LES MILLS PUMP	LES MILLS GRIT/PILATES	LES MILLS PUMP	CIRCUIT	STRENGTH	
10.30am	YOGA	FAMFIT	FAMFIT	FAMFIT	FAMFIT LES MILLS PILATES	
12.00pm	FULL BODY WORKOUT	FULL BODY WORKOUT	FULL BODY WORKOUT	FULL BODY WORKOUT	FULL BODY WORKOUT	
3.45pm	TEEN GYM		TEEN GYM			
5:15pm	BOXING	LES MILLS PUMP	STRENGTH	HIIT/PILATES		
5.30pm		SPIN		SPIN		
6.15pm		YOGA		STRETCH		
6.30pm	AQUA		AQUA			

**SPIN** – Group indoor cycling workout where you control the intensity. It’s fun, low impact and burns loads of calories. - Bookings are essential.

**Les Mills Pump** – Features 10 tracks with each focusing on a different muscle group, using barbells, weight plates and body weight.

**Boxing** – A cardiovascular class based on the training used for boxing. It can be done with a partner using pads and gloves or solo using dumbbells.

**Strength** – This class uses weight plates and a bar. The focus is to build muscle and learn correct form.

**Full Body Workout** – 30 minute indoor or outdoor high calorie burning class. A mix of interval and strength training.

**Teen Gym** – Specially designed group fitness class for teens aged 11-15 years, providing an introduction to the gym floor and fitness.

**Les Mills Pilates** – this class is based around slow, controlled movements, with a focus on breath and mobility.

**Aqua** – A low impact but high intensity water aerobics class designed to improve flexibility, range of motion, strength and cardiovascular endurance.

**Yoga** – Yoga focuses on the alignment of the whole-body whole holding poses that support the spine and bring awareness of breath with movement.

**FAMFIT** – A family-based fitness class, children of all ages are welcome, a class where the kids can get involved or do their own thing while the adults get in a killer strength or cardio workout.

**Circuit** – High energy and fast-paced, move your way around different exercise stations, performing each exercise as many times as possible in a set time.

**Gold Classes** – Best-suited for over 55s age group but open to everyone!

**Grit/Pilates Combo** – 30 minutes HIIT workout followed by 30 minutes of improving flexibility and strength through controlled movements

**HIIT** – High Intensity Interval Training with minimal rest periods.