

Group Fitness Timetable

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

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, introducing them to the gym floor and fitness.

Pilates – a low impact mind body workout focusing on core strength, posture and muscular endurance through controlled movements.

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

Yoga/Stretch – 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, everyone is 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 – 30 minutes HIIT workout designed to build strength and increase cardiovascular fitness.

Adult Squad – coach led training session, improve fitness and stroke technique.