

Group Fitness Classes

TIMETABLE

GROUP FITNESS ROOM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	CIRCUIT 45min		BODY PUMP 45min (Les Mills)	CIRCUIT 45min	BODY BALANCE 45min (Virtual)		
	6:30am		PILATES 50min					
	7:30am	BODY BALANCE 45min (Virtual)	B ACTIVE LONGER Strength 45min	CORE VIRTUAL 45min	BODY BALANCE 45min (Virtual)	BODY PUMP 45min (Virtual)		
	8:15am							PILATES 55min
	8:30am	B ACTIVE ADULTS MOVE 45min (Circuit)	B ACTIVE LONGER 45min Move	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	CIRCUIT 45min	
	9:30am	BODY ATTACK 45min (Les Mills)	THT 45min Move	BODY BALANCE 50min (Les Mills)	BODY PUMP 45min (Les Mills)	VINYASA YOGA 55min	BODY PUMP 45min (Les Mills)	BODY PUMP 45min (Les Mills)
	10:30am	BODY PUMP 45min (Les Mills)	BODY STEP 45min (Les Mills)	BODY PUMP 45min (Les Mills)	B ACTIVE LONGER 45min (Circuit)	BODY STEP 45min (Les Mills)	CORE 45min (Les Mills)	BODY JAM 50min (Les Mills)
	11:30am	TAI CHI 55min	BODY BALANCE 55min (Les Mills)	LIVE ACTIVE 45min	PILATES 50min	BODY BALANCE 55min (Les Mills)	YOGA FLOW 50min	BODY BALANCE 55min (Les Mills)
	12:30pm	LIVE ACTIVE 45min		MEDITATION 45min				
	1:00pm		BODY PUMP 45min (Virtual)		B ACTIVE LONGER Supported workout 45min	LIVE ACTIVE 45min	BODY BALANCE 45min (Virtual)	BODY COMBAT 50min (Virtual)
	3:00pm	Les Mills DANCE 45min (Virtual)	CORE VIRTUAL 45min (Virtual)	Les Mills DANCE 45min (Virtual)	BODY COMBAT 45min (Virtual)	Les Mills DANCE 45min (Virtual)		BODY PUMP 45min (Virtual)
	4:00pm		BODY COMBAT 45min (Virtual)	BODY PUMP 45min (Virtual)	CORE VIRTUAL 45min (Virtual)	BODY BALANCE 45min (Virtual)	BOXING 50min	YOGA CALM 50min
	5:00pm					BODY STEP EXPRESS 30min		
	5:30pm	BODY PUMP 45min (Les Mills)	BODY PUMP 45min (Les Mills)	YOGA FLOW 50min	CIRCUIT 45min	BODY PUMP 45min (Les Mills)		
	6:30pm	BODY COMBAT 50min (Les Mills)	ZUMBA 50min	BODY ATTACK 45min (Les Mills)	BODY JAM 50min (Les Mills)	CORE VIRTUAL 45min		
	7:30pm	YOGA FLOW 50min	BODY BALANCE 55min (Les Mills)	PILATES 55min	BODY BALANCE 55min (Les Mills)	BODY BALANCE 45min (Virtual)		

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

Aquatics Classes

TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25M POOL	8:30am		AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min		
	9:30am	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min		
	3:00pm						AQUA SHALLOW 45min	
	7:15pm		AQUA SHALLOW 45min		AQUA SHALLOW 45min			

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Cycle and Gym Classes

TIMETABLE

CYCLE ROOM OR GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am		SPIN VIRTUAL 45min	CYCLE 45min	SPIN VIRTUAL 45min	RPM VIRTUAL 45min	
	8:30am					CYCLE 45min	
	9:30am					BOOTCAMP 45min	BOOTCAMP 45min
	12:00pm	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min
	6:00pm	CYCLE 45min	RPM VIRTUAL 45min	CYCLE 45min	CYCLE 45min		
	6:30pm		BOOTCAMP 45min				

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AQUA SHALLOW

Low impact class in shallow water to improve mobility and general fitness. All aqua classes delivered in shallow water fall under Aqua Shallow

CYCLE

Cycle is an indoor cycling class that has great fat-burning effects. It will improve your cardio fitness and endurance while you pedal to great music! Helping push you through any of your barriers and achieve the fitness results you want.

CIRCUIT

Circuit Classes with timed stations in a fun group setting to help motivate you. A perfect mix of strength and cardio which can be modified so you can exercise at your own level.

BODY ATTACK – LES MILLS

BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

BODY BALANCE – LES MILLS

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

BODY PUMP – LES MILLS

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

BODY COMBAT – LES MILLS

Step into a BODYCOMBAT workout and you'll punch and kick your way to your fitness goals. This high-energy martial-arts inspired workout is non-contact with no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress and burn up to 740 calories along the way.

BODY JAM – LES MILLS

Choreographed by Gandalf Archer-Mills in Auckland, New Zealand, BODYJAM™ is the ultimate combination of music, dance and fitness. Tracks that you love right now?

They're in BODYJAM. Challenge your limits, have fun, get fit and leave with a sense of achievement.

our best to notify ahead of time when there are interruptions.

•Class times subject to change.

BODY STEP – LES MILLS

BODYSTEP™ is a full-body cardio workout to really tone your butt and thighs. You can burn up to 620 calories and you'll leave buzzing with satisfaction.

CORE – LES MILLS

Exercising muscles around the core, Les Mills Core™ will help create a stronger body. A stronger core makes you better at all the things you do, from everyday life to your favourite sports it's the glue that holds everything together. A 30–45-minute workout with resistance tubes and weight plates, body weight exercises like crunches, and hovers.

BOOTCAMP

Small group training in the functional room in the Health Club. HIIT format with timed stations led by a qualified expert personal trainer.

BOXING

BOXING is a high energy class that uses boxing techniques to give you a full body workout. It also works to improve your cardiovascular fitness and tone your whole body like never before. Never done any boxing before? No problem, this class is designed for all levels of fitness.

B ACTIVE LONGER – CIRCUIT

B Active Longer – Circuit class led by an expert trainer to help you gain strength and confidence. A fun class in a group setting where you can exercise at your pace.

B ACTIVE LONGER- STRENGTH

Promotes health and well-being through strength training for over 50s. Group sessions are facilitated by a fully qualified and accredited fitness instructor.

B ACTIVE LONGER- MOVES

Emphasis is on cardio health to keep you active longer. Classes may be choreographed, dance style or freestyle. Suitable for older adults and exercises can be modified to suit your level. Expect to have fun whilst making friends.

B ACTIVE LONGER- SUPPORTED

This small group class is perfect for those who require a slower pace with simple but effective exercises in an inclusive and friendly space. A seated class where you can modify exercises to suit your level and ability.

LIVE ACTIVE

The perfect blend of standing or seated options to help you live stronger for longer. Make new friends in a fun group setting, where you can modify exercises to suit your level. A chair is available to support you with balance exercises.

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MEDITATION

This class is more than just a guided MEDITATION. This is a group energy healing and activation session that empowers you as the healer of your life. You are guided to visualise energy and imagery for the purpose of cleansing, clearing, and elevating your conscious state of awareness.

NOTE: You can bring your own pillow or warm clothing to help you feel more comfortable, either seated or lying down.

PILATES

PILATES will challenge your strength, flexibility and coordination with traditional and modern PILATES. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

NOTE: Please bring your own mat

TAI CHI

TAI CHI is a Chinese martial art that is primarily practised for its health benefits, promoting the integration of the mind and body. It helps lower stress and anxiety levels and increases energy. A series of slow, controlled movements and postures help build muscle strength, coordination, balance and flexibility.

VINYASA YOGA

VINYASA is a creative flow, combining fluid movement which is accessible yoga poses around an emphasis on linking breath with movement to nourish the mind, body and soul. You will explore pranayama, and mindfulness meditation.

NOTE: Please bring your own mat

YOGA CALM

Slow, restorative class for relaxation and recovery. NOTE: Please bring your own mat

YOGA FLOW

Dynamic, continuous movement building strength, mobility and fitness. NOTE: Please bring your own mat

THT

Going back to the OG freestyle tummy, hips, thighs format but with a modern twist. A fun class to help you with strength and balance using; fit balls, steps, hand weights, bands to target your muscles and joints. You can modify exercises to suit your level.

BODY BALANCE VIRTUAL

Ideal for everyone, BODYBALANCE™ is the yoga-based class. An inspired soundtrack and video plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body. NOTE: This class is displayed on TVs.

BODY COMBAT VIRTUAL

BODY COMBAT is an exercise class that lets you punch and kick your way towards your fitness goals. Not only is it a great whole-body workout for cardio fitness, but it's also superb for burning fat, releasing stress and improving your co-ordination. NOTE: This class is displayed on TVs.

BODY PUMP VIRTUAL

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. NOTE: This class is displayed on TVs.

CORE VIRTUAL

CORE is a fitness class designed to increase strength of muscles providing stability for the spine, pelvis, ribs and hips. Walk taller, feel stronger, improve balance, assist injury prevention, and become better at moving with increased core awareness in daily movements. May include a variety of equipment. NOTE: This class is displayed on TVs.

VIRTUAL BODY JAM/DANCE – LES MILLS

Les Mills Dance is the ultimate combination of music, dance and fitness. Challenge your limits, have fun, get fit and leave with a sense of achievement. NOTE: This class is displayed on TVs.

ZUMBA

ZUMBA is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.

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