

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 55min					
	7:30am	BODY BALANCE 45min (Virtual)	B ACTIVE LONGER 45min (Circuit)	CORE VIRTUAL 45min	BODY BALANCE 45min (Virtual)	BODY PUMP 45min (Virtual)		
	8:15am							PILATES 55min
	8:30am	B ACTIVE LONGER 45min (Circuit)		B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	CIRCUIT 45min	
	9:30am	BODY ATTACK 45min (Les Mills)	STRENGTH 4 LIFE 45min (Seniors)	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)		CORE 45min (Les Mills)	BODY JAM 50min (Les Mills)
	11:30am	TAI CHI 55min	BODY BALANCE 50min (Les Mills)	B ACTIVE LONGER 45min (Circuit)	PILATES 55min	BODY BALANCE 50min (Les Mills)	YOGA FLOW 50min	BODY BALANCE 55min (Les Mills)
	12:30pm	B ACTIVE LONGER 45min (Circuit)	BODY PUMP 45min (Virtual)	MEDITATION 45min				
	1:00pm				B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	BODY BALANCE 45min (Virtual)	BODY COMBAT 50min (Virtual)
	3:00pm	BODY JAM 45min (Virtual)	CORE VIRTUAL 45min (Virtual)	BODY JAM 45min (Virtual)	BODY COMBAT 45min (Virtual)	BODY JAM 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					HIIT STEP 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 50min (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. Class times 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

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

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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

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.

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. That new style you've heard about? It was in BODYJAM last year. Challenge your limits, have fun, get fit and leave with a sense of achievement.

BODY STEP – LES MILLS

BODYSTEP™ is a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP athletic class, you combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body as well. 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.

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

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

STRENGTH 4 LIFE – SENIORS

STRENGTH 4 LIFE promotes health and well-being through strength and balance training programs for over 50s. All sessions are facilitated by a fully qualified and accredited fitness instructor. An assessment is undertaken for every client and a personalised program is designed for progressive strength.

B ACTIVE FUNCTIONAL

Strength based training using functional, multi directional movements

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BODY BALANCE VIRTUAL

Ideal for everyone, BODYBALANCE™ is the yoga-based class. 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 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.

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.

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.

RPM

RPM™ is a group indoor cycling workout where you control the intensity in a fun and low impact way. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Reach your cardio peak, keeping pace with the pack to lift your performance and boost your cardio fitness.

VIRTUAL BODYJAM – 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. That new style you've heard about? It was in BODYJAM last year. Challenge your limits, have fun, get fit and leave with a sense of achievement.

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: Please bring your own mat

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.

NOTE: Please bring your own mat

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.

YOGA FLOW

Dynamic, continuous movement building strength, mobility and fitness

HIIT STEP

High Intensity Interval Training allows you to pair hard-hitting exercise periods with short rest breaks for a wide range of health benefits.

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