

Classes catering specially for lower impact exercise

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|----------------------|------------------------------|------------------------------|------------------------------|----------------------|---|----------------------|
| 7.15am | | | | | | | LESMILLS BODYBALANCE |
| 7.30am | AQUA DEEP WATER | AQUA DEEP WATER | AQUA DEEP WATER | | AQUA DEEP WATER | | |
| 8.15am | AQUA AEROBICS | AQUA AEROBICS | AQUA GENTLE MOVERS | AQUA DEEP WATER | AQUA AEROBICS | | |
| | | LESMILLS BODYBALANCE | | LESMILLS BODYBALANCE | LESMILLS BODYBALANCE | | |
| 9.00am | | | | | | LESMILLS tone | |
| | | | | | | LESMILLS BODYBALANCE | |
| 9.10am | PILATES | PILATES | LESMILLS tone | LESMILLS tone | | | |
| 10.00am | | | LESMILLS BODYBALANCE | | | | LESMILLS BODYBALANCE |
| 10.15am | | | | PILATES | | LESMILLS VIRTUAL Join us in Studio 1 for all Virtual Classes...Les Mills Virtual are video-based classes, featuring some of the best trainers on the planet. Try something new! | |
| 10.30am | | LESMILLS BODYBALANCE | | | LESMILLS BODYBALANCE | | |
| 10.45am | | 10.45 - 11.45am myfitlife | 10.45 - 11.45am myfitlife | 10.45 - 11.45am myfitlife | | | |
| 12noon | | | | | AQUA GENTLE MOVERS | | |
| 12.45pm | | | | | AQUA DEEP WATER | | |
| 1.30pm | POOL CLOSED | AQUA GENTLE MOVERS | AQUA GENTLE MOVERS | | | | |
| 2.30pm | | | | | | LESMILLS BODYBALANCE | |
| 3.30pm | | | | | | | LESMILLS BODYBALANCE |
| 4.00pm | | LESMILLS BODYBALANCE | | | | • Timetable subject to change • Classes will not run on a Public Holiday. | |
| 5.45pm | LESMILLS tone | | | | | | |
| 6.30pm | LESMILLS BODYBALANCE | LESMILLS BODYBALANCE | PILATES | | LESMILLS BODYBALANCE | | |
| 7.15pm | | | | LESMILLS BODYBALANCE | | | |
| 7.30pm | | | LESMILLS BODYBALANCE | | | | |

FITNESS CENTRE OPENING HOURS

Monday to Friday 5.30am – 9.30pm // Saturday & Sunday 7.00am – 5.00pm

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GROUP FITNESS CLASS DESCRIPTIONS

All programs are fully supervised by qualified, accredited and friendly staff

MY FIT LIFE MEMBERSHIP INCLUDES:

MY FIT LIFE - Is a fully supervised, strength orientated class recommended for people who wish to exercise lower impact. The program is aimed at regaining and maintaining strength, improving bone density and increasing mobility.

BODY BALANCE – Is a holistic workout incorporating flexibility and strength exercises transporting your body and mind into a state of harmony and balance.

TONE – A great foundational class with a wide variety of options to suit all fitness levels. TONE is the optimal mix of strength, cardio and core training.

PILATES – Is a workout that specifically strengthens the posture and trunk stabilising muscles - helps maintain good posture and alignment. Lift your spirit with relaxing meditation at the end.

AQUA AEROBICS - A shallow water, low impact, high intensity workout, working on both upper and lower muscle groups.

AQUA DEEP WATER – A deep water, no impact, intense cardio workout concentrating on both upper and lower muscle groups.

AQUA GENTLE MOVERS- A shallow water class which is suitable for all ages and clients are able to work at their own pace.



All classes held in **Studio 1** - Video-based classes. Features some of the best trainers on the planet!

UNLIMITED access to gym.

UNLIMITED access to pool for lap and recreational swimming.

| MY FIT LIFE PACKAGES | CASUAL VISIT | |
|--|-----------------------|---------|
| My Fit Life Membership \$13.20 per week \$653 upfront *Conditions Apply | My Fit Life | \$7 |
| | Fitness Class | \$20.00 |
| | Aqua Class | \$20 |
| | Aqua Class Concession | \$18 |

*CONDITIONS

- \$25 My Fit Life Assessment must be completed to be eligible to purchase any of the My Fit Life Packages.
- No additional discounts or concessions are available.



Regular/ active participation in My Fit Life Program is essential