

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		
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			
1.30pm		AQUA GENTLE MOVERS	AQUA CIRCUIT		AQUA GENTLE MOVERS		
2.15pm		AQUA DEEP WATER			AQUA DEEP WATER		
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.

AQUA CIRCUIT- A selection of stations to work through to ensure you are getting an all over body workout. Low impact and suitable for all ages.



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