

**OPENING TIMES**

**MON, WED, FRI**

**6AM to 8PM**





















**TUES & THURS**

**9AM to 8PM**

**WEEKENDS**

**9AM to 12Noon**

**GROUP FITNESS & AQUA CLASSES**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9.30 am</b>	 <b>BALANCE MIND &amp; SPIRIT</b> Anne	 <b>LESMILLS BODYATTACK™</b> BJ	 <b>STEP</b> BJ	 <b>SPINNING</b> Anne	 <b>LESMILLS BODYPUMP®</b> BJ
	 <b>AQUA MOVERS</b> Sarsha		 <b>AQUA MOVERS</b> Sarsha		 <b>AQUA MOVERS</b> Sarsha
<b>11:00 am</b>	 <b>STRENGTH TRAINING</b> Anne		 <b>STRENGTH TRAINING</b> Anne	 <b>STRENGTH TRAINING</b> Anne	
<b>6.00 pm</b>	 <b>LESMILLS BODYATTACK™</b> Julie	 <b>LESMILLS BODYPUMP®</b> Julie	 <b>LESMILLS BODYATTACK™</b> Julie	 <b>LESMILLS BODYPUMP®</b> Julie	
<b>6.30 pm</b>	 <b>AQUA MOVERS</b> Sarsha				
<b>7.15 pm</b>	 <b>SPINNING</b> Jenny	 <b>SPINNING</b> Anne	 <b>BALANCE MIND &amp; SPIRIT</b> Anne	 <b>SPINNING</b> Jenny	

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### **BODY ATTACK– Les Mills**

**Simple high intensity aerobics, strength and stabilisation exercises. A rapid calorie burner.**

**All Fitness Levels**

### **BODY PUMP– Les Mills**

**A non-impact class that gives your body a complete workout using barbells & weights to music.**

**All Fitness Levels**

### **STEP**

**Tone and shape your body the old fashion way.**

**All Fitness Levels**

### **BALANCE MIND & SPIRIT**

**A beautiful blend of Yoga, Pilates and Tai-Chi set to music. The perfect way to rejuvenate.**

### **STRENGTH TRAINING**

**A class designed specifically for light strength training, weight bearing exercises with music.**

### **AQUA MOVERS**

**This class has all the benefits of water exercise and is full of fun & enjoyment.**

**All Fitness Levels**

### **SPINNING**

**The indoor group cycling workout where you ride to the rhythm of powerful music in an instructor led class.**

- Spinning limited spaces available. Must be here 15minutes before class. 1st to arrive until bikes are filled.
- A minimum age of 15 must be proven to participate or unless otherwise stated.
- Please bring a sweat towel and drink bottle. Return equipment after use.
- Late entry to class more than 5 minutes after commencement is not permitted.
- Please see an instructor prior to class if you have any health/injury or experience concerns.
- Classes and pricing subject to change or cancellation , without notice
- Conditions apply

