







OPENING TIMES

**MON, WED, FRI
TUES & THURS
WEEKENDS**

**6AM to 8PM
9AM to 8PM
9AM to 12Noon**

GROUP FITNESS & AQUA CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 am	BALANCE MIND & SPIRIT ★ Anne	 BJ	STEP BJ		 BJ
	AQUA MOVERS Lauren		AQUA MOVERS Anne		AQUA MOVERS Lauren
11:00 am	ACTIVE OLDER ADULTS ✕ Anne		ACTIVE OLDER ADULTS ✕ Anne	ACTIVE OLDER ADULTS ✕ Anne	
6.00 pm	 Julie	 Julie	 Julie	 Julie	
6.30 pm	AQUA MOVERS Lauren		AQUA MOVERS Lauren		
7.15 pm	SPINNING 🚲 Anne	SPINNING 🚲 Anne	BALANCE MIND & SPIRIT ★ Anne	SPINNING 🚲 Anne	

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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.

ACTIVE OLDER ADULTS

A class designed specifically for gentle low 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.

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- 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

