

















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
6.15am			SPINNING  Claire		
9.30 am	BALANCE MIND & SPIRIT  Anne	SPINNING  Claire	LES MILLS BODYPUMP  Claire		LES MILLS BODYPUMP  Claire
	AQUA MOVERS Claire		AQUA MOVERS Anne		AQUA MOVERS Lauren
11:00 am	ACTIVE OLDER ADULTS  Anne	ACTIVE OLDER ADULTS  Claire		ACTIVE OLDER ADULTS  Anne	
6.00 pm	LES MILLS BODYATTACK  Julie	LES MILLS BODYPUMP  Julie	LES MILLS BODYATTACK  Julie	LES MILLS BODYPUMP  Julie	
6.30 pm	AQUA MOVERS Lauren		AQUA MOVERS Lauren		
7.15 pm	SPINNING  Anne	SPINNING  Anne	BALANCE MIND & SPIRIT  Anne	SPINNING  Anne	

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.

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.

BALANCE MIND & SPIRIT

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

- 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