




















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	 LESMILLS BODYATTACK™ BJ	 STEP BJ		 LESMILLS BODYPUMP® BJ
	 AQUA MOVERS Sarsha		 AQUA MOVERS Anne		 AQUA MOVERS Sarsha
11:00 am	 STRENGTH TRAINING Anne		 STRENGTH TRAINING Anne	 STRENGTH TRAINING Anne	
6.00 pm	 LESMILLS BODYATTACK™ Julie	 LESMILLS BODYPUMP® Julie	 LESMILLS BODYATTACK™ Julie	 LESMILLS BODYPUMP® Julie	
6.30 pm	 AQUA MOVERS Sarsha				
7.15 pm	 SPINNING Jenny	 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

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.

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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

