

GROUP FITNESS TIMETABLE

July 4th – September 3rd

	MON	TUES	WED	THU	FRI	SAT	SUN
6:00 - 6:45 AM	Pilates (Lily)		Yoga (Julie) *45 mins	Strength & Conditioning (Catherine)	Pilates (Lily)		
8:15 - 9:00 AM						Strength & Conditioning (Catherine)	
9:00 - 10:00 AM (Pool & Health Club)				Aqua Fit (Jenene) *Swimming Pool*	Aqua Fit (Jenene) *Swimming Pool*	Circuit (Lexi) *Health Club	
9:15 - 10:00 AM	Strength & Conditioning (Catherine)	Core & More (Catherine)	Yoga (Julie) *1 hour	Cardio (Catherine)		Core & More (Catherine)	
10:15 - 11:00 AM		Stretch & Release (Catherine)				Boxing (Lexi)	
12:15 - 1:00pm	Boxing (Lexi)	Circuit (Lexi) *Health Club	Yoga (Julie) *1 hour	Core & More (Catherine)			
1:15 - 2:00pm					Boxing (Lexi)		
5:15 - 6:00 PM	Cardio (Catherine)	Cardio (Catherine)	Yoga (Julie) *1 hour				
7:00 - 8:00 PM	Pilates (Lily)			Yoga (Lily)			

*Adults swim squad, run group and walking group all to be added shortly.

AQUA FIT – Aqua Fit is a workout in water that is inclusive of every fitness level and every age. Working out in water eliminates stress on the joints, improves cardiovascular fitness, can increase strength, flexibility, and overall health.

CORE & MORE – The ultimate way to get a tight and toned core. With dynamic training that focusses on your abs, glutes, back and obliques.

STRENGTH & CONDITIONING – A strength class that conditions your entire body by combining a mix of exercises, giving you a full body work out.

CARDIO – A class that combines bursts of high intensity cardio exercise followed by equal or longer periods of rest.

PILATES – Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance, and body awareness.

STRETCH & RELEASE – Give your body some much needed down time with this class that focuses on flexibility and general mobility.

BOXING – A fast paced and dynamic session that will give you an all over cardio and strength training workout.

CIRCUIT – Perform a combination of exercises with short rest breaks between each one.

YOGA – Yoga cultivates health and wellbeing through a range of many different techniques, including postures and movement, breath awareness and breathing exercises, relaxation and concentration, self-inquiry, and meditation.