


# GROUP FITNESS & SPIN STUDIO

	TIME	MON	TUE	WED	THU	FRI	SAT	SUN
☀	5.30 AM	HYBRID HIIT (GRASS TRACK)	PILATES	KO BOXING				
	5.30 AM	BODYPUMP	SPIN		YOGA	SPIN		
	6.30 AM		HYBRID HIIT				STEP	
	7.00 AM	ACTIVE CIRCUIT	ACTIVE CIRCUIT		INDOOR LOW IMPACT			YOGA 1.5HR
	7.30 AM			DEFINITION 55			SPIN	
	7.30 AM						KO BOXING	
	8.00 AM	ACTIVE CIRCUIT	INDOOR LOW IMPACT		INDOOR LOW IMPACT			
	8.30 AM			PILATES				
	8.30 AM						BODYPUMP	BODYPUMP
	9.00 AM	GRIT SERIES	GLUTES & CORE			GLUTES & CORE		
	9.30 AM	BODYPUMP	KO BOXING	BODYPUMP	STEP	BODYPUMP	PILATES	BODYATTACK
	9.30 AM	SPIN		SPIN				
	10.30 AM	DEFINITION 55	PILATES	PILATES FUSION	PILATES	STRETCH & RELEASE		
🌙	11.30 AM		STRETCH & RELEASE	DEFINITION 55	YOGA			
	5.00 PM	GRIT STRENGTH						
	5.30 PM	BODYPUMP	PILATES	KO BOXING	PILATES			
	5.30 PM		SPIN		SPIN			
	6.30 PM	YOGA	BODYPUMP	YOGA	BODYPUMP			

# SWIMMING POOL

	TIME	MON	TUE	WED	THU	FRI	SAT	SUN
☀	6.30 AM	AQUA HIIT		AQUA HIIT		AQUA HIIT		
	7.30 AM	AQUA BOOTCAMP	AQUA BOOTCAMP	AQUA MIX	AQUA CIRCUIT	AQUA MIX	AQUA BOOTCAMP	
	8.30 AM	AQUA MIX	AQUA MIX	AQUA BOOTCAMP	AQUA MIX	AQUA MIX	AQUA MIX	
	9.30 AM	AQUA MIX	AQUA DEEP	AQUA MIX	AQUA MIX	AQUA SPLASH		
	10.30 AM	AQUA SPLASH		AQUA SPLASH	AQUA SPLASH			
🌙	5.30 PM		AQUA MIX					
	6.30 PM	AQUA BOOTCAMP	ADULT SWIM FIT	AQUA CIRCUIT				



## LES MILLS CLASSES

**BODYPUMP:** This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.

**GRIT STRENGTH:** High-intensity interval training. Works all major muscle groups. Sends your metabolism into overdrive to burn fat for hours after the workout. Stimulates the production of growth hormone which reduces fat and helps develop lean muscle.

**GRIT SERIES:** High-intensity interval training. With Grit Cardio and Grit Strength components this class will keep your body guessing and force your body to keep adapting to be fitter and stronger!

**BODYATTACK:** BODYATTACK™ is an energetic fitness class for all levels, from beginners to enthusiasts. It combines athletic moves like running, lunging, and jumping with strength exercises like push-ups and squats. The workout challenges your limits, burns a tonne of calories, and leaves you feeling accomplished.

## GROUP FITNESS & SPIN

**CORE EXPRESS:** Core Express is a 30min class designed to target the workhorse in your functional movement...the core! Gone are the days we simply do crunches and expect a well-functioning core. This class is the perfect choice for you if you're wanting better overall performance.

**DEFINITION 55:** Nothing ages you like your posture. Weights training improves posture, bone density and increases metabolism. "Improve with age" with this amazing weights class for over 55's.

**FUNCTIONAL BOOTCAMP:** In just 30 minutes, you'll tackle a variety of functional exercises designed to boost strength, agility, and cardiovascular endurance. Push yourself to your best intensity for maximum results, and leave feeling accomplished and energized. Closed footwear and a towel are required.

**INDOOR LOW IMPACT:** It's all about living longer and stronger in this class. This class will have you moving comfortably in multiple directions. An easy to follow moderate paced class suitable for over 55's.

**KO BOXING:** All the benefits of a boxing class with our freestanding boxing bags, in a circuit format. Hard-core workout not for the faint hearted!

**PILATES:** A body conditioning class specialising in strengthening your core muscles, improving posture, reach, flexibility, sure-footedness and agility as well as aligning the body correctly. Suitable for all fitness levels and ages.

**PILATES FUSION:** Pilates Fusion is designed to strengthen the entire musculature of the body, improve flexibility, balance, postural alignment and joint mobility. Pilates exercise techniques are fused with functional movements recruiting the body's joints and muscles in a flowing, continuous sequence.

**RELEASE & CORE:** Juggling too many things and need some time out? Want to improve your flexibility and de-stress? This combination class brings together MFR Release and Pilates techniques in one.

**STRETCH & RELEASE:** Energise your body and focus on your breathing, mobility, and flexibility during complete head-to-toe stretch.

**SPIN:** Results focused to push your training to new levels. Challenges your training methods and road racing techniques to put you in a spin.

**STEP:** This classic cardio workout has been around for decades for a simple reason - it delivers results. Step is a high-energy class designed to tone and shape the lower body with the added benefit of cardio fitness. You are in control of the intensity by varying the height of the step.

**YOGA:** Yoga develops and improves coordination, strength and flexibility whilst reducing your stress levels. Suitable for all fitness levels. Geared towards improving the overall health of body, mind and spirit while at the same time enhancing performance and concentration.

**ACTIVE CIRCUIT:** Designed for those 55 and older, this class offers easy to follow circuit training with light resistance and body weight movements.

**HYBRID HIIT (GRASS TRACK):** Hybrid HIIT blends high intensity intervals of functional strength and endurance exercises with short rest periods to boost fitness, strength, and stamina.

## AQUA FITNESS

**AQUA DEEP:** Aqua Deep is an athletic style class designed to improve your fitness and burn those calories. The class is run in deep water and participants will use buoyancy belts, noodles, aqua-dumbbells and more to get a full body workout. Suitable for those looking for a high energy workout.

**AQUA MIX:** Aqua Mix is a cross-training class for all fitness levels. Designed to improve body shape, muscle tone and fitness. Aqua Mix will provide an effective full body workout to motivating and energising music. Suitable for all fitness levels.

**AQUA BOOTCAMP:** Aqua Bootcamp is a high intensity water class designed for the participant that really wants to push them self in a water based fitness class. It's great for cardio, muscle strengthening, core stability, and improving posture. It'll help you get fit, lose weight and tone up. Each class is different. Look out for an element of good hearted competitiveness!

**AQUA HIIT:** An intense cardio workout in the water. This challenging class is designed to improve your fitness, tone muscles and burn fat by utilising a variety of different training methods (Tabata, AMRAP and interval.)

**AQUA SPLASH:** Aqua Splash is a low to moderate program, suitable for beginners or those who haven't been exercising in a while.

**GYMSTICK H2O:** Resistance training in the water using one of the most versatile pieces of gym equipment. With 3 different resistant levels available and with the class run in the shallow.

**AQUA CIRCUIT:** Aqua Circuit is an engaging station-based aqua fitness and strength class designed to provide a dynamic and effective workout experience in the water. This class combines the benefits of aquatic resistance with circuit training principles to target various muscle groups while offering low-impact, joint-friendly exercise.

**ADULT SWIM FIT:** A structured swim session designed to improve fitness, endurance, and technique. Ideal for confident swimmers.

CLASSES ARE:



UNLESS MARKED OTHERWISE

CLASSES MARKED WITH  ARE:



**NO BAGS**

**BAGS ARE TO BE LEFT IN LOCKERS WHEN ATTENDING CLASS(ES)**

**YOU MUST BRING YOUR OWN GLOVES TO ALL BOXING CLASSES**

