

Please contact the Leisure Reception to make your booking in advance. Tel: 661111 Option 7

Monday			
Time	Class	Instructor	Location
09:30 - 10:30	Aerobics	Carolyn	Aerobic Studio
10:30 - 11:30	Pilates	Nicky	Aerobic Studio
10:45 - 11:30	Aqua	Susan	Main Pool
13:30 - 14:15	Interval Spin	Greta	Spin Studio
18:00 - 19:00	Step	Carolyn	Aerobic Studio
18:00 - 18:45	Spin	Greta	Spin Studio
18:45 - 19:45	Body Tone	Carolyn	Aerobic Studio

Tuesday			
Time	Class	Instructor	Location
07:00 - 07:45	Spin	Rachel	Spin Studio
09:30 - 10:30	Body Blitz	Jane M	Aerobic Studio
10:30 - 11:30	Simple Step	Susan	Aerobic Studio
18:00 - 19:00	Hi-Low Aerobics	Carolyn	Aerobic Studio
18:45 - 19:45	Freestyle Yoga	Carolyn	Aerobic Studio

Wednesday			
Time	Class	Instructor	Location
09:30 - 10:30	Strike	Susan	Aerobic Studio
10:30 - 11:30	Core Stability	Susan	Aerobic Studio
12:00 - 12:45	Aqua	Jane W	Main Pool
13:30 - 14:15	Spin	Greta	Spin Studio
18:00 - 19:00	Legs, Bums & Tums	Jane M	Aerobic Studio
18:00 - 18:45	Spin	Greta	Spin Studio
19:00 - 20:00	Pilates	Nicky	Aerobic Studio

Thursday			
Time	Class	Instructor	Location
07:00 - 07:45	Spin	Carolyn	Spin Studio
09:30 - 10:30	Step	Jane W	Aerobic Studio
10:30 - 11:30	Pilates	Nicky	Aerobic Studio
18:00 - 19:00	Tai Bo		Aerobic Studio
18:00 - 18:45	Aqua	Jane	Main Pool

Friday			
Time	Class	Instructor	Location
09:30 - 10:30	Pilates	Mo	Aerobic Studio
10:30 - 11:30	Total Tone	Susan	Aerobic Studio
11:45 - 12:30	Aqua	Jane	Main Pool

Saturday			
Time	Class	Instructor	Location
09:30 - 10:30	Hi-Low Aerobics	Carolyn	Aerobic Studio
10:15 - 11:15	Pilates	Carolyn	Aerobic Studio

Sunday			
Time	Class	Instructor	Location

Aqua - A choreographed no-impact workout using water as resistance

Simple Step – A choreographed workout using a step box

Core Stability – A workout designed to strengthen core muscles and tone abdominals & back regions.

Total Tone – Toning exercises designed to target “Hard to reach” muscles.

Circuits – A cross training class for developing all round fitness. Aerobic and resistance exercises performed at a series of work stations.

Strike – Formerly known as kick-punch. Aerobics performed in a Kick Boxing Style.

Aerotone – A combination of Toning and Aerobics

Tae Bo – An exercise class using movements derived from martial arts such as Tae Kwon do and Boxing.

Body Blitz – A whole body workout using a combination of cardio/aerobic warm-up and Resistance “Blitz” faze.

Pilates – A slow controlled flowing workout, specifically for strengthening core postural muscles.

Freestyle Yoga – Challenging movements and postural positions designed to stretch strengthen and tone.

Interval Spin – A challenging calorie buster on resistance bikes.

Hi-Low Aerobics – Choreographed routines mixing Hi and Low impact moves for a great fat burning class.

Legs, Bums & Tums – Body conditioning class focusing on toning arms, legs, bums and tums.