

2 April – 30 April 2018 Health and Fitness Timetable



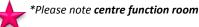
No classes on ANZAC Day - 25 April

Studio 1 Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Metafit <i>Kerrie-Anne</i>	Body Pump Gabrielle	Circuit X- Change Gabrielle	Nitro <i>Ben</i>	Body Pump Gabrielle	
8.30am						Body Pump Sandy
9.30am	Body Pump Gabrielle	Boxing Julie R	Body Pump Gabrielle	Body Combat Julie	Body Pump Sandy	Body Combat Chantell
10.30am	Circuit X- Change Gabrielle		Polarity Jenny	Body Pump Gabrielle *45mins		Pilates Michelle
10.45am		Zumba Ali			Zumba <i>Ali</i>	
11am					Young at Heart Patricia	,
11.30am	Stretch N' Tone Kerrie-Anne		Yoga Diana	Pilates Michelle		
5.30pm	Body Pump Jenny	4	Combat Julie/Karla	Boxing Sandy	Zumba Ali	(
6pm		Yoga Stephania/Kerrie- Anne HIIT Step Scott				
6.30pm	Body Combat Julie	Body Pump Scott	Body Pump Diana	Yoga Diana Tabata Kerrie-Anne	(
7pm		Yoga Stephania/Kerrie- Anne				
7.30pm	Yoga Diana	Combat Chantell	Core & Strengthening Diana	Pilates Michelle		

^{*}Please note classes and instructors may change without notice.

^{*} Please note **tennis function room**



Studio 2 Cycle Studio

	Mon	Tues	Wed	Thurs	Fri	Sat
8.45am						RPM
						Amanda
9am	RPM				RPM	
	Express				Express	
	Julie R				Sandy	
9.30am		SPIN	RPM	RPM		RPM
		Holly	Julie R	Julie R		Sandy
6.30pm	SPIN	RPM				
	Diana	Sandy				

Studio 1

Yoga: 'Complete Mind-Body Conditioning'. This traditional class is designed to teach you Yoga postures with the correct breathing and stretching in meditative state, flowing sequences, leaving you revitalised and relaxed. So if you need to either de-stress or work on your balance and inner core strength, get your shoes off and try Yoga today! Suitable for all fitness levels.

Pilates: A system of controlled exercises that engage the mind and condition the total body. The strength and flexibility training helps to improve posture and reduce stress levels.

Zumba®: If you want to find your inner spark, get into Zumba® the hypnotic Latin rhythms and easy-to-follow moves create a fun one-of-a-kind fitness class where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat - be warned it is addictive!

Body Combat: 'Anything more intense would have a rip cord!' This exciting program combines a selection of martial arts including boxing, karate and taekwondo with a focus on endurance training, strength and agility. Suitable for everyone!

Body Pump: 'The fastest way in the universe to change your body shape!' Pump is a non-impact program designed to give your body a complete workout using barbells and weights to the latest music. Most of all it develops strength and muscular endurance.

Boxing: This is the ultimate full-body workout!' A boxing class combining aerobic fitness with co-ordination using focus mitts and partner exercises.

Circuit X-Change: 'Bring it on'! A hip circuit program with plenty of cool stations, including cardio and resistance training. Feel the calories burn! Suitable for all fitness levels.

Core & Strengthening (30mins): The ultimate all over body strengthening and conditioning class.

METAFIT (30mins): Is a workout that keeps on working. A non-choreographed, bodyweight only HIIT workout **HITT Step: (30mins):** Is a workout that keeps on working. A non-choreographed, bodyweight only HIIT workout incorporating a step.

Nitro: Get the muscle burn get out of the gym! The ultimate 45min, intense total body workout.

Tabata: Takes cardiovascular training to a new level. Based on high intensity interval training exercises for short intervals, this is the class if you want to get fit and stay fit.

Stretch 'n' Tone: Unwind and relax'. Allow your body to feel at ease with a gentle class designed to tone and relax your body. Suitable for all levels.

Polarity: See the results as you condition the abs, arms, legs and butt! Suitable for all fitness levels!

Young at Heart: A low impact / gentle exercise aerobics/aqua aerobics class for seniors over 50years.

Studio 2

RPM (45mins)/ RPM Express (30mins): is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, interval training and controlling the intensity of your workout with resistance dial and pedal speed. SPIN (45mins): is a freestyle cycle class designed to test your fitness through mountain peak, speed work and interval training. Discover your athlete within.

Etiquette

- *Please arrive on time, no admittance will be allowed after classes commence.
- *Class tickets will be issued by reception staff.

 please keep the ticket until it is requested by the instructor.
- * Please inform the instructor of any injuries, health problems, pregnancy or special needs.
- * Participants in Group Fitness and Spin classes must be 1 5 years or over.
- * All Fitness and Aqua Classes run for 55 minutes. Nitro and Spin run for 45 minutes.

- *Please be sure to bring a towel & water bottle
- * Online class booking is available to members.
- *Aqua participants need to be 12 years
- * No children/spectators are allowed in studios

Sandcastle Crèche - Please note that Sandcastles Crèche is a peanut free zone.

Monday 8.45am -12.45pm and 5pm - 8pm

Tuesday, Wednesday, & Friday 8.45am -12pm

Thursday 8.45am -12.30pm

Saturday 8.15am - 11.45am

*Tuesday 12.30pm trail until 31 March 2018