

### Aqua Arthritic

Conducted in the Hydrotherapy Pool this class is specially designed for the fragile or people that suffer any arthritic symptoms. A gentle workout in the warm soothing surrounds.

### Aqua Hi-Low and Deep Water Aerobics

Aqua aerobic classes are designed to cater for all fitness levels and ages. It's a great cardiovascular and muscle toning class without the impact on our joints. You will improve core strength whilst strengthening all major muscle groups.

### BodyCombat

This class offers a variety of options which allow you to work at your own level. BodyCombat combines elements of traditional martial arts including Tai Chi, Karate and Kick Boxing to give you a great, total body workout.

### BodyBalance

A Yoga influenced, pre-choreographed exercise program set to uplifting music. Combination of free flowing moves. Focus is placed on improving strength, flexibility and relaxation.

### BodyPump

A total body sculpting, high repetition, muscular endurance, fat burning, weight workout accompanied by highly motivating music.

### BodyStep

This class will challenge the fittest member and is easy to follow for the beginner. Using a platform to step up and down, the combination of upper body and floor exercises will leave you feeling trimmed, toned and terrific!

### BodyStep Express

This class provides a good transition to the regular BodyStep format and with its shorter 45 minute duration is great for the beginner whilst still challenging the fittest member.

### BodyVive

Full body workout that leaves you feeling invigorated, rejuvenated and energised. Using the Vive ball and Vive tube this aerobics class includes cardio exercise, resistance work, core training, mobility and balance. Great music from the 70s, 80s, 90s and today. Perfect for beginners, new to exercise or older people.

### BodyVive 3.1

If you want the optimal mix of strength, cardio and core training this is it. BodyVive 3.1 will burn calories and help you build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

### Core Strength

Core Strength is an intensive 30 minute low impact class that aims to tone, improve balance and stability and promote good posture.

### GRIT Strength

GRIT Strength is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super fast.

### Outdoor Functional Training (OFT)

OFT creates a healthy, well-conditioned body and is effective for individuals who need to improve balance, stability and neuromuscular coordination. Functional training also helps build inner strength, whilst improving endurance, range of motion and posture.

### Over 60s Circuit

Over 50s Circuit is a class combining both resistance and high-intensity aerobic training. Easy to follow, Circuit targets strength building and muscular endurance. You can work at your own level.

### Over 60s Group Fitness Classes

Enjoy a variety of fitness classes that target the over 50 age group and enable all participants to have a great workout in a friendly and comfortable environment.

### Pilates

Improve your posture and strengthen the core muscles that help to stabilise your body. The class will also help you to improve your circulation, flexibility and muscle tone.

### RPM

An awesome and powerful indoor cycling class which is fantastic for shaping and toning the lower body and will dramatically increase your fitness levels. The ride is totally controlled by you, via a resistance gauge.

### SH'BAM

Featuring simple but seriously hot dance moves, it is the perfect way to shape up and let out your inner star— even if dance isn't your natural thing. You'll have so much fun you will forget that you are exercising.

### Cardio Boxing - Boxing for Fitness







Boxing for fitness is a non-choreographed program that is easy to follow and suited to a variety of participants. The moves are low impact on joints but with high intensity. Great for overall fitness improvement, weight loss and sports specific training.

### Yoga



Hatha Yoga, a medium paced, holistic yoga class with emphasis on awareness, alignment and balance. Simple breathing techniques are included in the practice and the class finishes with a guided deep relaxation.









## Studio Two

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	Body Pump	 Cardio Boxing	Body Pump	 Cardio Boxing	Body Pump		
9.15am	Body Pump	 Body Step	Body Combat	Body Pump	GRIT Strength	9.00am Body Combat	 <b>• NEW • Body Step Express (45 mins)</b>
10.15am	Over 60s Circuit	Over 60s Body Vive	Over 60s Body Pump	Body Balance	Over 60s Body Vive	10.00am  Body Pump	
11.15am	Over 60s Body Balance						
12.15pm		 Body Pump		 Yoga			
3.30pm						 Body Pump	
5.30pm	Body Step	Body Combat	Body Pump	Body Pump	 Cardio Boxing		
6.30pm	Body Pump	Body Pump	SH'BAM				

## Studio One

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30am							Body Balance
11.15am			Pilates		Pilates	11.00 am Yoga	
5.30pm	GRIT Strength			 Body Step			
6.00pm	Body Vive		5.45pm BodyVive 3.1				
6.30pm			GRIT Strength	Pilates			
7.30pm	Body Balance	Core Strength	Body Balance	 Yoga			

## Cycling Studio


Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am	 RPM	RPM	RPM	RPM	RPM	
7.30am						 RPM
9.00am						RPM
9.15am			 RPM		RPM	
10.15am	RPM					
12.15pm	 RPM		 RPM		 RPM	
5.30pm		RPM		RPM	RPM	
6.00pm	Endurance RPM (1 hour class)		RPM			


## Aqua Classes


Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6.15am		Deep Water Running		Deep Water Running		
9.00am	Aqua Arthritic	Deep Water Running	Aqua Hi-Lo	Aqua Hi-Lo	Deep Water Running	
9.30am			Aqua Arthritic			Aqua Hi-Lo
10.30am	Aqua Arthritic		Aqua Arthritic		Yoga -Aqua Arthritic	

## Outdoor Classes

Time	Tuesday	Thursday
6.00pm	Outdoor Functional Training	Outdoor Functional Training

 Circle indicates class is at risk of falling below the target attendances.

 Flag indicates that the attendance for the class is well below the target attendance. This class may be at risk of change if the attendances do not increase.

 Express 30 minute lunchtime class.

For the safety of our participants and to ensure classes are not disrupted, entry is not permitted after the warm up has been completed.