

Group Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45am			STRENGTH & TONING			
6am	STRENGTH & CONDITIONING	CARDIO		SPIN CYCLE	GROUP PUNCH	BOOT CAMP
6.30am			POWER STRETCH			
8.30am		AQUA AEROBICS	LATIN LINE DANCING	AQUA AEROBICS		
9am	CIRCUIT			CIRCUIT	EXERCISE TO MUSIC	
9.15am		WEIGHTS & BALANCE				
9.45am			TAI CHI			TAI CHI
10.10am	PRYME MOVERS				PRYME MOVERS	
10.30am		PRYME MOVERS				
11.15am					PRYME LYTE	
1pm	LINE DANCING				LINE DANCING	
5pm	TAI CHI					
5.30pm		AQUA AEROBICS		AQUA AEROBICS		
6pm		SPIN CYCLE	STRENGTH, GLUTES & CORE CONDITIONING	SPIN CYCLE		
6.10pm	STEP PUMP					

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Staffed Reception	6am to 7pm		5.45am to 7pm	6am to 7pm		6.30am to 12pm
Pool	5.30am to 6pm	5.30am to 7pm	5.30am to 6pm	5.30am to 7pm	5.30am to 5.30pm	9am to 5pm

SUNDAY	Reception	CLOSED (24/7 only)
	Pool	12pm to 5pm

Group Fitness Classes

CARDIO

Elevate the heart rate and challenge the body. Increase stamina, burn calories, and improve overall fitness levels.

TAI CHI

Slow, flowing movements with deep breathing. Improve balance, coordination, and flexibility while promoting relaxation and stress reduction.

WEIGHTS & BALANCE

All about strength. This class strengthens bone density, and teaches co-ordination and balance.

BOOT CAMP

High-energy workout combining cardio, strength, and functional fitness. A fun, challenging and effective way to reach your fitness goals.

PRYME MOVERS

Low level cardio workout focusing on increasing joint mobility, limb strength and core stabilisation.

PRYME LYTE

An even lower intensity version of Pryme Movers.

LINE DANCING

Simple dance routines in a group setting. A fun way to improve coordination, and cardiovascular health.

GROUP PUNCH

Make your muscles burn with pad work, resistance and cardio exercises to increase overall fitness and condition whole body.

CIRCUIT

A mix of core, strength, upper and lower body strength exercises including cardio training.

SPIN CYCLE

Perfect for fat burning and strength building. Ride varied terrain as you tackle hills, sprints, and other drills.

EXERCISE TO MUSIC

A fun class of dance / aerobics and various forms of resistance training. for beginners to advanced.

STEP PUMP

Step up and down with arm work and plyometric exercises to increase heart rate, burn calories, and strengthen legs and core.

LATIN LINE DANCING

Similar to Line Dancing, but to Latin inspired music.

POWER STRETCH

Improving flexibility and range of motion to lengthen muscles, increase joint mobility, and reduce the risk of injuries.

STRENGTH & CONDITIONING

Mind, mobility, stability, endurance and agility. Build muscle and increase your metabolism.

STRENGTH, GLUTES & CORE CONDITIONING

Work your core and glutes. Moderate intensity class that works up a sweat, so bring a towel!

STRENGTH & TONING

A muscle building and conditioning class set to motivating music. Work the whole body to sculpt and define.

AQUA AEROBICS

Low impact class to increase movement, flexibility. The number one method of rehabilitation recommended by occupational therapists. For beginner to advanced.