


























# Group Fitness Timetable

STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45am			 <b>STRENGTH &amp; TONING</b>			
6am	 <b>STRENGTH &amp; CONDITIONING</b>	 <b>CARDIO</b>		 <b>SPIN CYCLE</b>	 <b>GROUP PUNCH</b>	 <b>BOOT CAMP</b>
6.30am			 <b>POWER STRETCH</b>			
8.30am			 <b>LATIN LINE DANCING</b>			
9am	 <b>CIRCUIT</b>			 <b>CIRCUIT</b>	 <b>EXERCISE TO MUSIC</b>	
9.15am		 <b>WEIGHTS &amp; BALANCE</b>				
9.45am			 <b>TAI CHI</b>			 <b>TAI CHI</b>
10.10am	 <b>PRIME MOVERS</b>				 <b>PRIME MOVERS</b>	
10.30am		 <b>PRIME MOVERS</b>				
11.15am					 <b>PRIME LITE</b>	
1pm	 <b>LINE DANCING</b>				 <b>LINE DANCING</b>	
5pm	 <b>TAI CHI</b>					
6pm		 <b>SPIN CYCLE</b>	 <b>STRENGTH, GLUTES &amp; CORE CONDITIONING</b>	 <b>SPIN CYCLE</b>		
6.10pm	 <b>STEP PUMP</b>					

POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am		 <b>AQUA</b>		 <b>AQUA</b>		
5.30pm		 <b>AQUA AEROBICS</b>		 <b>AQUA AEROBICS</b>		

STAFFED	MONDAY – FRIDAY	SATURDAY	SATURDAY
Reception	5.30am – 7pm	6.30am – 5pm	12pm – 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.