



GROUP FITNESS TIMETABLE 2020

All classes are included in our Lifestyle Membership – or
\$15 per casual visit

	5:30AM	6:00AM	12:15PM	6:00PM
MONDAY				HIIT
TUESDAY	Swim-Fit		HIIT	Beginner SwimFit
WEDNESDAY		PILATES		FAST30
THURSDAY	Swim-Fit		FAST30	Beginner SwimFit
FRIDAY				

Box-Fit Designed to suit all levels of fitness, this class is a combination of simple boxing moves and toning exercises. No boxing experience is needed!

Pilates This class focuses on postural alignment, core stability and spinal mobility using slow, controlled movements.

HIIT High Intensity Interval Training (H.I.I.T) incorporates strength, plyometric and cardiovascular movements to give you the most intense and fun workout ever!

Swim-Fit Swim Fit is suitable for developing and intermediate level social and fitness swimmers, from young adults to active seniors. The class focuses on building aerobic fitness, swimming skills and training technique.

Fast 30 A high intensity workout that moves quickly through a variety of exercises that force you to use your whole body.