



# GROUP FITNESS TIMETABLE 2020

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM	Swim-Fit	Swim-Fit	Swim-Fit	Swim-Fit	
6:00AM			Pilates		
12:15PM	Fast 30	HIIT		Box-Fit	Beginner's Swim-Fit
6:00PM	HIIT	Beginner's Swim-Fit	Box-Fit	Beginner's Swim-Fit	

## 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.

## Beginner's Swim-Fit

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

