



Valley Pool – Group Fitness Timetable

All classes are included in memberships – or \$15 casual visit

	5.30-6.45am	6.00am	12.15-12.45pm	6.00pm
Monday	Swim-Fit		Fast 30	HIIT
Tuesday	Swim-Fit			Bootcamp
Wednesday	Swim-Fit	Pilates	HIIT	Boxercise
Thursday	Swim-Fit			Tabata
Friday				

Boxercise	This Boxing Circuit class is designed to suit all levels of fitness. The class structure is a combination of simple boxing moves, low impact and toning exercises. Great for increasing your fitness level and changing your body shape. No boxing experience is needed!
Pilates	This class focuses on postural alignment, core stability and spinal mobility. It uses slow, controlled movements to improve body awareness and to correct any imbalances in the body.
HIIT	HIIT (High Intensity Interval Training) group fitness class! 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	Strip off the extra body fat and take your conditioning to the next level with Fast 30. This high intensity workout moves quickly through a variety of exercises which forces you to use your whole body.
Tabata	Looking for a fast way to lose weight and get fit? Try Tabata. This workout uses plyometric & body weight exercises to push you to your limits.