



GROUP FITNESS TIMETABLE 2021

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

	5:30AM	6:00AM	12:15PM	5:45 – 6:15PM	6:15 – 6:45PM	6:00PM
MONDAY						HIIT
TUESDAY	Swim-Fit		HIIT	Beginner SwimFit Class 1	Beginner SwimFit Class 2	
WEDNESDAY		PILATES				FAST 30
THURSDAY	Swim-Fit		FAST30	Beginner SwimFit Class 1	Beginner SwimFit Class 2	

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 intermediate and above 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.