

December 2024



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# Class Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin Linda 7:30 - 8:30	Interval Training Luisa 8:00 - 9:00	Spin Monique 7:30 - 8:30	Spin & Core Linda 8:00 - 9:00	Spin & Strength Linda 8:00 - 9:00		Chair Yoga Helen 9:30 - 10:30
Spin Linda 8:30 - 9:30	Stretch & Tone Hannah 9:15 - 10:15	Spin Monique 8:30 - 9:30	Power Fusion Luisa 8:00 - 9:00	Abs, Butt & Thighs(ABT) Linda 9:15 - 10:15		
Pilates Amanda 8:30 - 9:30	Gentle Yoga Luisa 9:15 - 10:15	Pilates Amanda 8:30 - 9:30	Total Body Tone Monique 9:15 - 10:15	Gentle Yoga Hannah 9:15 - 10:15		
Pilates Amanda 9:30 - 10:30	Flow Yoga Hannah 10:30 - 11:30	Pilates Amanda 9:30 - 10:30	Gentle Yoga Luisa 9:15 - 10:15	Flow Yoga Hannah 10:30 - 11:30		
Strong for Life Kevin 9:40 - 10:40		Strong for Life Kevin 9:40 - 10:40	Chair Yoga Luisa 10:30 - 11:30			
Small Ball Release Amanda 10:30 - 11:30		Small Ball Release Amanda 10:30 - 11:30				
Vinyasa Yoga Luisa 5:45 - 6:45						
Stretch & Restore Luisa 7:00 - 8:00						
Tai Chi Jarvis 4:00 - 5:00						

# Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bookings Available 7:00 - 9:00 & 10:00 - 1:00	Bookings Available 6:15 - 1:00	Bookings Available 7:00 - 9:00 & 10:00 - 1:00	Bookings Available 6:15 - 1:00	Bookings Available 7:00 - 9:00 & 10:00 - 1:00	Bookings Available 9:00 - 12:00	Bookings Available 9:00 - 12:00
Aquacize Vito 9:00 - 9:45		Aquacize Vito 9:00 - 9:45		Aquacize Vito 9:15 - 10:00	<b>All Welcome: Weekdays after 1pm Weekends after 12pm</b>	

# Guide to Levels

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1

Easy & Low-Intensity

## Spin & Core (L2-3)

Spin and core is the best of both worlds. This class focuses on strengthening the core, gluteal, and leg muscles through a fun and effective mix of cardio, strength and exercises that target the core and lower body.

## Strong For Life (L1-3)

With simple, safe, and effective exercises set to motivating music, this class helps you build strong, functional muscles. Using dumbbells and other equipment, you will develop balanced strength and power throughout your body. Build lasting strength for vitality and longevity.

## Interval Training (L2-3)

This energetic class alternates short intervals of cardiovascular training with upper and lower body conditioning for a fun, challenging workout that boosts endurance. Steps are incorporated to keep the workout dynamic and engaging.

## Pilates (L1-3)

This introductory Pilates class teaches you the fundamentals to practice safely and confidently. You'll learn how to set up each exercise and progress at your own pace. Pilates not only strengthens but also improves posture, flexibility, joint mobility, focus, concentration, and coordination. Core strength is the foundation of Pilates, providing stability throughout the entire torso. No experience required.

## Gentle Yoga (L1-2)

Whilst being methodical with movement and performing less intense positions. Gentle Yoga puts an emphasis on breath work, leaving time for semi-meditation. At the same time as finding your range of motion in a much gentler way.

## Power Fusion (L2-3)

This dynamic class combines elements of yoga, floor Pilates, muscular conditioning, and calisthenics to provide a comprehensive workout that strengthens and contours your body. Each session is designed to engage multiple muscle groups, promoting not only physical strength but also flexibility and balance.

## Total Body Tone (L1-3)

Total Body Tone is a comprehensive strength class designed to sculpt and tone every major muscle group, including your core. Throughout the session, you'll use weights to perform a variety of exercises that promote strength, stability, and endurance.

## Vinyasa Yoga (L1-2)

60 min Vinyasa yoga, designed to cultivate strength, flexibility, and mindfulness. This practice links breath with movement through a dynamic sequence of poses.

2

Moderately Challenging

## Aquacize (L1-3)

This water-based class provides a full-body workout that's easy on the joints, making it ideal for all fitness levels. Using water resistance, Aquacize helps improve cardiovascular fitness, build muscle strength, and enhance flexibility—all while being gentle on the body. Enjoy a refreshing, energizing session that's perfect for anyone looking to stay active and fit.

## Stretch 'n Tone (L1-3)

Combining strength and mobility, this class takes a holistic approach to hip, hamstring, and core health. Using weights, resistance bands, and bodyweight exercises, it incorporates controlled movements to improve muscle endurance while sculpting and toning the body.

## Flow Yoga (L2-3)

Start your day with a dynamic yoga practice designed to build strength, balance, and inner awareness. This class encourages self-exploration of body, mind, and spirit, with a focus on breath as you flow through poses that challenge balance, strength, and flexibility.

## Tai Chi (L1-3)

Tai Chi is an ancient Chinese practice associated with numerous health benefits and can significantly enhance overall wellness. This class is perfect for those with a basic understanding of Tai Chi or anyone looking to further develop their internal balance and cultivate harmony among body, mind, and spirit.

## Chair Yoga (L1-3)

Chair Yoga is an excellent way to reduce stiffness, aches, and pains. For those with limited mobility, it provides a safe way to begin stretching and moving, which can make daily activities and other exercises easier while lowering the risk of injury.

## Small Ball Release (L1-3)

Small ball release exercises target specific areas of tension by using small, firm balls to apply pressure to muscles and connective tissues. These exercises help release tight fascia, break down scar tissue, and improve blood circulation, which can alleviate muscle soreness and promote flexibility. By applying controlled pressure to areas of tension, small ball release also enhances joint mobility and can improve alignment and posture over time. The gentle, mindful nature of these exercises supports relaxation and strengthens the mind-body connection, leaving you feeling rejuvenated and balanced.

## Stretch & Restore Yoga

Unwind and recharge in this soothing 60-minutes yoga class designed to release tension and promote deep relaxation.

3

Challenging