

## CLASS & POOL SCHEDULE JANUARY

### CLASS SCHEDULE

| MONDAY  | TUESDAY  | WEDNESDAY                                     | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| Spin<br><i>Linda</i><br>7:30-8:30             | Interval Training<br><i>Luisa</i><br>8:00-9:00     | Spin<br><i>Monique</i><br>7:30-8:30           | Spin & Core<br><i>Monique</i><br>8:00-9:00      | Rise & Shine<br>Yoga<br><i>Hannah</i><br>8:00-9:00        |
| Spin<br><i>Linda</i><br>8:30-9:30             | Rise & Shine<br>Yoga<br><i>Hannah</i><br>8:00-9:00 | Pilates<br><i>Amanda</i><br>8:30-9:30         | Power Fusion<br><i>Luisa</i><br>8:00-9:00       | Interval Training<br><i>Luisa</i><br>8:00-9:00            |
| Strong for Life<br><i>Kevin</i><br>9:40-10:40 | Stretch & Tone<br><i>Hannah</i><br>9:15-10:15      | Spin<br><i>Monique</i><br>8:30-9:30           | Total Body Tone<br><i>Monique</i><br>9:15-10:15 | Abs, Butt &<br>Thighs (ABT)<br><i>Kevin</i><br>9:15-10:15 |
| Zumba<br><i>Claudia</i><br>4:30-5:30          | Gentle Yoga<br><i>Luisa</i><br>9:15-10:15          | SSS Pilates<br><i>Amanda</i><br>9:30-10:40    | Gentle Yoga<br><i>Luisa</i><br>9:15-10:15       | Gentle Yoga<br><i>Hannah</i><br>9:15-10:15                |
|   | Flow Yoga<br><i>Hannah</i><br>10:30-11:30          | Strong for Life<br><i>Kevin</i><br>9:40-10:40 | Flow Yoga<br><i>Luisa</i><br>10:30-11:30        | Flow Yoga<br><i>Hannah</i><br>10:30-11:30                 |
|   |  | Hatha Yoga<br><i>Sunni</i><br>6:30-7:30       |   |   |

### SUBSTITUTIONS & CANCELLATIONS

- Kevin will be away starting January 26. His classes will be covered by Linda and Monique

### POOL SCHEDULE

| MONDAY   | TUESDAY                            | WEDNESDAY  | THURSDAY                                   | FRIDAY   | SATURDAY   | SUNDAY                              |
|--|------------------------------------|--|--|--|--|-------------------------------------|
| Bookings<br>Available<br>6:30-9:00 &<br>10:00-1:00 | Bookings<br>Available<br>6:30-2:00 | Bookings<br>Available<br>6:30-9:00 &<br>10:00-2:00 | Bookings<br>Available<br>6:30-2:00         | Bookings<br>Available<br>6:30-9:00 &<br>10:00-2:00 | Bookings<br>Available<br>9:00-12:45                                | Bookings<br>Available<br>9:00-12:45 |
| Aquacize<br><i>Vito</i><br>9:00-9:45               |                                    | Aquacize<br><i>Vito</i><br>9:00-9:45               | Masters Swim<br><i>Martin</i><br>2:00-3:15 | Aquacize<br><i>Vito</i><br>9:00-9:45               | <b>All Welcome</b><br>Weekdays After 2PM<br>Weekends After 12:45PM |                                     |

# CLASS DESCRIPTIONS

## **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 preforming 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.

## **Pilates - Strength, Stretch, Stability (L1-3)**

Enhance your strength, flexibility, and balance with combined, controlled movements and focused breathing to improve core strength, posture, and overall mobility. Whether you're looking to build stability, increase flexibility, or simply move with greater ease, this class offers a well-rounded approach to body awareness and functional movement.

## **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)**

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.

## **Strong Foundations (L1-3)**

This dynamic circuit training class is specially designed for individuals over 40 who want to build strength, improve balance, and boost overall fitness.

Held in a supportive yoga studio environment, this class combines functional movements with a variety of equipment to challenge your body and mind. This class emphasizes proper alignment and mindful movement to help you create a strong foundation for an active and healthy lifestyle.

Whether you're new to fitness or looking to complement your yoga practice, Strong Foundations is accessible to all levels and aims to leave you feeling empowered and energized.

## **Stretch & Restore Yoga (L1-2)**

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

## **Flow & Deep Stretch Yoga (L1-3)**

This class begins with Flow Yoga—a dynamic practice designed to build strength, balance, and inner awareness. You'll be guided through breath-focused movements that challenge your flexibility and stability, encouraging self-exploration of body, mind, and spirit. In the second half, we transition into Deep Stretch Yoga, a quieter practice with longer-held poses that work deep into the joints, ligaments, and connective tissues. This portion enhances circulation, energy flow, and flexibility, leaving you feeling calm, restored, and deeply relaxed.

## **Circuit Pilates (L1-3)**

Combines the core-strengthening principles of traditional Pilates with the energy and variety of a circuit-style workout. In this dynamic class, you'll rotate through a series of Pilates-based stations designed to challenge strength, flexibility, balance, and endurance. Whether you're a seasoned participant or new to Pilates, this full-body workout is adaptable to all levels and offers a fun, fast-paced way to build stability and functional fitness.