



# Class Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin Class ML 7:30 - 8:30	Interval Training Luisa 8:00 - 9:00	Spin Class ML 7:30 - 8:30	Spin Class Monique 8:00 - 9:00	Spin & Strength Linda 8:00 - 9:00		
Spin Class ML 8:30 - 9:30	Stretch & Tone Luisa 9:15 - 10:15	Pilates Amanda 8:30 - 9:30	Power Fusion Luisa 8:00 - 9:00	Abs, Butt & Thighs (ABT) Linda 9:15 - 10:15		
Gentle Yoga ML 9:45 - 10:45	Flow Yoga Luisa 10:30 - 11:30	Spin Class ML 8:30 - 9:30	Total Body Tone Monique 9:15 - 10:15	Gentle Yoga Hannah 9:15 - 10:15		
Strong for Life Kevin 9:40 - 10:40	Outdoor Spin Class Linda 10:30 - 11:30	Pilates Amanda 9:40 - 10:40	Gentle Yoga Luisa 9:15 - 10:15	Flow Yoga Hannah 10:30 - 11:30		
Dance Fit Monique 11:00 - 12:00	Outdoor Spin Class Monique 4:00 - 5:00	Strong for Life Kevin 9:40 - 10:40	Step Aerobics Monique 10:30 - 11:30	Spin Class Monique 10:30 - 11:30		
Tai Chi Jarvis 4:00 - 5:00	Dance Fit Monique 5:15 - 6:15	Pilates Amanda 10:45 - 11:45	Outdoor Spin Class Monique 4:00 - 5:00			
Tai Chi (Beginner) Jarvis 5:00 - 6:00			Dance Fit Monique 5:15 - 6:15			

# 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

## 1 Easy & Low-Intensity

### **Strong For Life (L1-3)**

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

### **Spin & Strength (L2-3)**

Spin and strength is the best of both worlds. First half will get you sweating on the bike, and the second half gets you sweating on the mat. Cardio on the bikes will get you energized and ready for the strength in the mat work. With challenges around each corner, there is no end to the fun!

### **Step Aerobics (L2-3)**

Come prepared to sweat! This high-energy class gives you non-stop cardio on the step. Be motivated and get your heart pumping.

### **Interval Training (L2-3)**

This energetic class alternates short intervals of cardiovascular training with upper and lower body conditioning. The cross-training format is fun and is a good challenge for your endurance. Steps will be used in this class.

### **Abs, Butt, & Thighs (ABT) (L2-3)**

This class is targeting core, gluteal, and leg muscles. Through cardio, strength and stretching that targets the lower body in a fun and effective workout.

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

This introduction to Pilates will teach you the fundamentals to practice Pilates safely and with confidence. You will learn how to set yourself up and move at your own level. Pilates not only strengthens, it improves posture, flexibility & joint mobility as well as focus, concentration and coordination. Core strength is the foundation of how Pilates works. Strengthening the core develops 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.

### **Pickleball Conditioning (L2-3)**

A challenging class, where you will constantly move your body; you will cycle from strength to cardio segments. Expect to warm up at the beginning of the class finishing with a cool down and stretch. Lets get strong together and ready for pickle ball season.

### **Dance Fit (L1-3)**

Ready for a high energy class with a great blend of dance and cardio? Dance Fit will explore multiple genres of music while working you through a great workout.

## 2 Moderately Challenging

### **Aquacize (L1-3)**

Work out in the water. Aquacize is a great low-impact workout suitable for all fitness levels.

### **Yoga (All Levels) (L1-3)**

This offering is a slow-paced flow with a focus on the foundations of postures. The class has a combination of mobility, strength, and alignment drills that enhance any level of practitioner interested in developing more awareness in breath and movement.

### **Deep Stretch Yoga (L2-3)**

Yin Yoga is a quieter practice that works deeper into your body, with longer-held poses. This class improves circulation, energy flow and flexibility by targeting areas such as joints, and ligaments. You will feel calmer with a deeper sense of relaxation.

### **Stretch 'n Tone (L1-3)**

Combining strength and mobility, this class invites a holistic approach to hip, hamstring and core health. Incorporating weights, resistance bands and body weight exercises this class uses controlled movements to enhance muscle endurance while sculpting and toning the body.

### **Flow Yoga (L2-3)**

Set the tone for your day with a dynamic yoga practice. Designed to build strength, balance and inner awareness, this class encourages self-exploration of the body, mind and spirit. Focus is placed on breath while moving through poses that challenge balance, strength and flexibility.

### **Golf Yoga (L1-3)**

This gentle style of Yoga is performed with a golfer in mind while incorporating the breathing and mind-body benefits of a traditional Yoga class. In this session, we focus on adapting Yoga poses to ensure the health and fitness benefits of this practice are accessible to everyone. While working with all levels of flexibility and range of motion, this class will leave you feeling refreshed and ready to hit the course.

### **Tai Chi (L1-3)**

Tai Chi is an ancient Chinese practice that has been linked to myriad health benefits and can be a positive part of an overall approach to improving wellness. This class is great for people who have a very basic understanding of Tai Chi or you wish to continue to develop your internal balance and find harmony with your body, mind and spirit.

### **Power Fusion (L2-3)**

A dynamic class that involves Yoga, floor Pilates, muscular conditioning and Calisthenics. This class will strengthen and contour your body. You will leave this class energized and ready to begin with the rest of your day.

### **Total Body Tone (L1-3)**

TBT is a full body strength class. Using weights, all major muscle groups, including your core, will be sculpted and toned. Fun and energizing music will keep you motivated.

## 3 Challenging