



Class Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin Class <i>Linda</i> 8:00 - 9:00	Interval Training <i>Luisa</i> 8:00 - 9:00	Spin, Strength, Stretch <i>Monique</i> 8:00 - 9:00	Spin & Core <i>Linda</i> 8:00 - 9:00	Spin & Strength <i>Linda</i> 8:00 - 9:00		
Strong for Life <i>Kevin</i> 9:15 - 10:15	Stretch & Tone <i>Hannah</i> 9:15 - 10:15	Strong for Life <i>Kevin</i> 9:15 - 10:15	Power Fusion <i>Luisa</i> 8:00 - 9:00	Abs, Butt & Thighs (ABT) <i>Linda</i> 9:15 - 10:15		
Pilates <i>Amanda</i> 9:15 - 10:15	Gentle Yoga <i>Luisa</i> 9:15 - 10:15	Pilates <i>Amanda</i> 9:15 - 10:15	Total Body Tone <i>Monique</i> 9:15 - 10:15	Gentle Yoga <i>Hannah</i> 9:15 - 10:15		
Small Ball Release <i>Amanda</i> 10:15 - 11:15	Flow Yoga <i>Hannah</i> 10:30 - 11:30	Small Ball Release <i>Amanda</i> 10:15 - 11:15	Gentle Yoga <i>Luisa</i> 9:15 - 10:15	Flow Yoga <i>Hannah</i> 10:30 - 11:30		
Tai Chi <i>Jarvis</i> 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 <i>Vito</i> 9:00 - 9:45		Aquacize <i>Vito</i> 9:00 - 9:45		Aquacize <i>Vito</i> 9:15 - 10:00	All Welcome: Weekdays after 1pm Weekends after 12pm	

Guide to Levels

1

Easy & Low-Intensity

Spin & Strength / Spin & Core (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!

Spin, Strength, Stretch (L1-3)

Super efficient workout! 45 minutes of Spin/cardio followed by 15 minutes of upper body, core, and stretching. Great music will make this workout fun and motivating.

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

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 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.

2

Moderately Challenging

Aquacize (L1-3)

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

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.

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.

Small Ball Release (L1-3)

During this class we will release fascia (connective tissues) and scar tissues, elongate tight muscles, improve posture, and relax while self massaging and improving our mind-body connection.

3

Challenging