

CLASS TIMETABLE

Monday

Aquacise	08.45 - 09.30	Pool Based	All
Kettlercise	09.15 - 10.15	High energy Workout	All
Back to exercise	10.15 - 11.15	Low impact/Tone	All
Hatha Yoga	11:30 - 12.30	Suitable for all levels	All
Pilates	18.00 - 19.00	Mat Based	All
Box Fit	19.05 - 19.50	Full Body Workout	All

Tuesday

Tone & Stretch /Chill	09.15 - 10.30	Tone/Stretch/Chill	All
20/20/20	10.30 - 11.30	Step, Weights & Tone	All
Martial Art*	16.00 - 17.00	Little Ninjas	B
Martial Arts*	17.00 - 18.00	Kids Combat	I
HIIT	18.15 - 18.45	High energy full body workout	All
Zumba	19.00 - 20.00	Zumba	All

Wednesday

Pilates	08.30 - 09.25	Mat Based	All
Pilates	09.25 - 10.20	Mat Based	All
Weights &Conditioning	10.25 - 11.25	Weight Based	All
Line Dancing	11.30 - 12.30	Dance Class	All
Aqua circuits	18.30 - 19.15	Pool Based	All
Pump	18.15 - 19.00	Strength , Conditioning	All

Thursday

L.B.T	09.30 - 10.25	Lower body workout	All
Aero Tone	10.30 - 11.15	Suitable for all levels	All
Martial Arts*	16.00 - 17.00	Little ninjas	B
Martial Arts*	17.00 - 18.00	Little Ninjas	I
H.Core Lean	18.15 - 19.05	Body weight HIIT	All
Gravity Yoga	19.15 - 20.15	Suitable for all levels	All

Friday

Aquacise	08.45 - 09.30	Pool Based	All
Dance Fiesta	09.00 - 10.00	Latin Dance	All
Fit Ball	10.00 - 10.45	Core Strengthening	All
Pilates	18.00 - 19.00	Mat Based	All

Saturday

Zumba	09.00 - 10.00	Zumba	All
Sculpt & Tone	10.00 - 11.00	Tone	All

Sunday

Pump & Tone	09.30 - 10.30	Weighted Tone	All
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Class description

Aquacise is a medium-to-low impact aerobics class performed in the swimming pool with a variety of music. Provides cardiovascular conditioning, muscle toning and improves balance.

Kettlercise Functional fitness. Kettlebells are used to work on muscle strength, endurance as well as giving them an effective cardiovascular workout.

Back to Exercise is an introduction to Movement, strength, core stability and balance. This is an excellent class if you are just returning to exercise.

Hatha Yoga This class guides you through movement that develops strength, flexibility, with breathing work and relaxation included.

Gravity Yoga Improve your flexibility and mobility with targeted stretching and breath-work.

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

Box Fit is a cardiovascular workout increasing stamina. It is based on the training used for boxing so includes skipping, boxing drills including footwork and abdominal work, focusing on fitness and toning.

Tone Stretch/Chill is designed for all fitness levels, and **incorporates a full-body workout**, as well as targeted workouts for abs, legs, arms and core finishing with a relaxation section.

Aerobic, Step, Core a **full-body cardio workout to really tone your butt, thighs** and abs

HIIT Is high-intensity interval training workout which involves bursts of high-intensity strength and cardio exercises followed by brief periods of recovery.

Zumba is an interval-style dance fitness party that combines low-intensity and high-intensity moves.

L.B.T is a full body workout that aims to tone up those flabby areas of your thighs, bum and stomach.

Aero Tone is a choreographed exercises to music class. Offering a total-body workout that can help develop stamina, endurance, and mobility.

H.Core Lean body weight HIIT. No kit just your own body weight, a fitness class you don't want to miss.

Line Dancing Gentle Exercise; Dance Inspired Class; Cardio Fitness; Strength & Conditioning.

Fit Ball is a class where you perform exercises on a large inflatable ball. The exercises challenge your muscles, helping to strengthen and build up the core muscles.

Sculpt & Tone A body sculpting class generally combines cardiovascular, stretching and strength-training exercises to help burn calories,

Pump & Tone offers a more strength focused workout. Training against a resistance not only promotes the healthy development of your muscles, it also elevates your heart rate.

