












	Cardio Aqua is a low impact cardio 45 minute class with upbeat music in chest height water using water as resistance as well as equipment like foam dumbbells and noodles that gets the heart pumping.
	Deep Water Aqua involves the performance of movement while suspended in water wearing a buoyancy belt, resulting in a non-impact, high-resistant, total body exercise workout. Benefits of this method include less stress on the back, hips, knees and ankles. great core workout and recommended for runners.
	NIFTY FIFTY class is a combination of functional exercises, strength training and light cardiovascular exercise specially designed for those over 50
	LES MILLS RPM Take on the terrain with your Les Mills team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training..
	COTA STRENGTH FOR LIFE Strength training for seniors under the qualified instruction of a specially-trained instructor. Note: this class requires prior registration. Please see front office for details.
	Resistance, Intervals, Power, Plyometrics, Endurance & Done. Cardio and strength all in one. Start your week with a bang.
	LES MILLS BODYPUMP™ is a strength workout for anyone looking to get lean, toned and fit, fast. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, helping you achieve much more than on your own!
	TEEN TIME is a supervised 90 mins for teens aged 13 up to and including 16 years of age.
	High Intensity Interval Training (H.I.I.T) will have you supercharging your fitness, giving all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery period. Boosting your metabolism, burning fat even after you've left the gym!
	GENTLE AQUA uses the heated water of the leisure pool as it is relaxing for muscles and joints, making moving them easier and more comfortable. The buoyancy of water also reduces the load on the joints. This class provides fun equipment and socialising that you hardly realise you are working out.
	PACK A PUNCH This class packs a punch with total body work out that focuses on boxing combinations, and cardio drills.
	LES MILLS BODY BALANCE Build strength, improve flexibility and feel calm and serene with this yoga-based class that features elements of Pilates and tai chi.
	A challenging mix of dynamic core stabilizing exercises whilst keeping the heart rate up to increase cardio health.
	Low impact high intensity is a class for everyone no excuses. A 45 minute combination of circuit, interval and resistance training using a variety of equipment and bodyweight exercises. Choose your own intensity and modifications as needed- although we certainly provide the opportunity to work as hard as you want to!
	Just like regular bootcamp only in the water. A high intensity, low impact circuit class that is fun & effective. Designed for both the participant that really wants to push themselves hard in a low impact environment or the participant looking for some active recovery.

From 1ST April 2021



Group Fitness Timetable

Opening Times

Monday – Friday	6am -7pm
Saturday and Sunday	8am – 3pm
Public Holidays	8am - 1pm



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Classes may change without prior notice. Insufficient numbers may result in a class being removed from the timetable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am		RIPPED (45) Kelvin – court 1	LES MILLS SPRINT* (30) Lynda-studio MUST BOOK	HIIT (30)* Kelvin – court 1	LES MILLS RPM* (45) Alex –studio MUST BOOK	8:15AM (45) SUPERSESSION Kelvin / Shaun
9.15am	CARDIO AND CORE* Emma – court	PUMPED UP (45) Shaun– court	LES MILLS BODY BALANCE* (60) Lynda – court MUST SUPPLY OWN MAT	RIPPED (45) Emma – court 2	LOW IMPACT HIGH INTENSITY* (45) Emma- court	
10.30am	STRENGTH FOR LIFE (60) Gym Lisa	NIFTY FIFTYS (60) Emma– court	STRENGTH FOR LIFE (60) Gym Lynda	NIFTY FIFTYS (60) Emma– court 2	STRENGTH FOR LIFE (60) Gym Lisa	
3.30pm	TEEN TIME* (90) Charli- Gym	TEEN TIME* (90) Charli - Gym	TEEN TIME* (90) Shaun- Gym	TEEN TIME* (90) Shaun - Gym		
5.15pm	SPIN HIIT (30) Kelvin– studio MUST BOOK	PACK A PUNCH (45) Kelvin – MPR MUST SUPPLY OWN INNERS	RIPPED (45) Shaun– court 1	LES MILLS BODYPUMP (60) Alex – MPR		
			AQUA AEROBICS			
6.30am		AQUA BOOTCAMP* (45) Lisa – leisure pool		AQUA BOOTCAMP* (45) Lisa – leisure pool		
8.45am	CARDIO AQUA* (45) Lisa – lap pool		DEEP WATER* (45) Lisa – lap pool		DEEP WATER* (45) Lisa – lap pool	
9.30am	GENTLE AQUA* (45) Lisa – leisure pool MUST BOOK		GENTLE AQUA* (45) Lisa - leisure pool MUST BOOK		GENTLE AQUA* (45) Lisa – leisure pool	
11.30am	GENTLE AQUA* (45) Lisa – leisure pool MUST BOOK		GENTLE AQUA* (45) Lisa - leisure pool MUST BOOK			
6:15pm	CARDIO AQUA* (45) Maddison – leisure pool			CARDIO AQUA* (45) Maddison – leisure pool		

*teen timers can participate in these classes