

# AQUAMOVES

## GROUP FITNESS TIMETABLE



### EFFECTIVE TUESDAY 26 APRIL 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am	BodyPump	TKO	GRIT (30 mins)	TKO	Outdoor Functional Training		
	RPM	Deep Water Running	RPM	Deep Water Running	RPM		
7.00am			Yoga				
7.30am						RPM	
8.00am						Circuit Breaker	
8.30am			Aqua Arthritic				
9.00am	Aqua Arthritic	Deep Water Running	Aqua Hi-Lo	Aqua Hi-Lo	Deep Water Running	BodyPump	Aqua Hi-Lo
9.15am	Revolutions (45 mins)	BodyCombat (45 mins)	TKO (45 mins)		BodyPump (45 mins)		
10.00am	Gen Active Circuit	Fun and Fitness	Gen Active BodyPump		Yoga - Aqua Arthritic	Yoga	BodyBalance
	Aqua Arthritic		Aqua Arthritic	Fun and Fitness			
10.15am				Retro Cycle (30 mins)			
11.00am	Gen Active BodyBalance		Pilates				
12.15pm	Focus (30 mins)	BodyPump	RPM Xpress (30 mins)	TKO	Revolutions (45 mins)		
5.30pm	GRIT (30 mins)	RPM	BodyPump	BodyPump	BodyCombat (45 mins)		
				RPM			
6.00pm	RPM	Outdoor Functional Training	Revolutions (45 mins)	Outdoor Functional Training			
6.30pm	BodyPump	Sh'Bam	BodyCombat (45 mins)	BodyBalance			

\*Timetable subject to change without notice. Please visit our website for live and up to date session times. Classes are 1 hour in duration unless otherwise indicated.

### CLASS DESCRIPTIONS

#### **Aqua Arthritic**

Conducted in the Hydrotherapy Pool this class is specially designed for the fragile or people that suffer any arthritic symptoms. A gentle workout in the warm soothing surrounds.

#### **Aqua Hi-Lo and Deep Water Running**

These aqua aerobic classes are designed to cater for all fitness levels and ages. It's a great cardiovascular and muscle toning class without the impact on our joints. You will improve core strength whilst strengthening all major muscle groups.

#### **BodyCombat (Les Mills)**

This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll punch and kick your way to fitness while releasing stress and having a blast.

#### **BodyPump (Les Mills)**

A total body sculpting, high repetition, muscular endurance, fat burning, weight workout accompanied by highly motivating music. Suitable for all levels of fitness - you work at your own level.

#### **BodyBalance (Les Mills)**

A Yoga influenced, pre-choreographed exercise program set to uplifting music. Combination of free flowing moves. Focus is placed on improving strength, flexibility and relaxation.

#### **Focus**

With a focus on a specific part of the body, this class will help you reach muscle fatigue to gain the results you want. Technique, cadence and body mechanics are teaching points in this class. With fresh knowledge, gain the confidence to strength train in the gym independently.

#### **Fun and Fitness**

Is an old school aerobics, lower impact workout, which will not only get you moving, but you will have loads of fun while getting fit! This 45-minute class is a full body workout and will cover cardio, strength, balance and core work and make sure you are easing back into a fun fitness routine!

#### **Generation Active**

Any classes using the term Generation Active (Gen Active) refer to options particularly suitable for people all ages and abilities. While the large majority of participants in these classes may be older adults, they are also ideal for beginners.

#### **GRIT Strength (Les Mills)**

Is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

#### **Outdoor Functional Training**

Creates a healthy, well-conditioned body and is effective for individuals who need to improve balance, stability and neuromuscular coordination. Functional Training also helps build inner strength, whilst improving endurance, range of motion and posture.

#### **Pilates**

Improve your posture and strengthen the core muscles that help to stabilise your body. This class is ideal for beginners to advanced participants. The class will also help you to improve your circulation, flexibility and muscle tone.

#### **RPM and RPM X-Press (Les Mills)**

An awesome and powerful indoor cycling class which is fantastic for shaping and toning the lower body and will dramatically increase your fitness levels. This is perfect for the beginner to advanced as the ride is totally controlled by you, via a resistance gauge.

#### **Retro Cycle**

It's all in the name. This 30 minute, low impact spin class is all about a smooth ride to classic jams. Retro Cycle is great for beginners and our Gen Active demographic. Come ride along at a relaxed pace and experience a cardio workout that will help you break a sweat while enjoying the music in an easy going environment.

#### **Revolutions**

This high energy spin class is a fresh take on a common concept. Great music, cardio driven exercises that will fire up all muscle groups while incorporating fun movements that make for a unique cycling experience.

#### **Sh'Bam (Les Mills)**

Is a fun-loving, insanely addictive dance workout that features simple but seriously hot dance moves. This class is an ego-free zone – no dance experience is required and it's the perfect way to shape up and let out your inner star, even if dance isn't your natural thing. You'll have so much fun you will forget that you are exercising.

#### **TKO**

Cardio class that combines basic movements from boxing, kickboxing and mixed martial arts, these classes should inspire you to move like a competitor. Suitable for beginners and advanced, everyone can move at whichever pace they are comfortable. Get a great workout while experiencing and learning different techniques and styles from these sports.

#### **Circuit Breaker**

Circuit classes designed to continuously push you to the limit. Whether you are a beginner or advanced, there is a progression and regression for everyone. From station to station, push yourself to the brink so you break a sweat and get fit while having a great time in a group.