

# AQUAMOVES

## GROUP FITNESS TIMETABLE

Effective January 2025



60 minute class

45 minute class

30 minute class

### STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am	Circuit Breaker	Body Pump	Circuit Breaker	Boxing Circuit	Circuit Breaker		
8.00am						Circuit Breaker	
9.00am						Body Pump	
9.15am		Pilates	Fun and Fitness	Body Combat	Body Pump		
10.00am	Gen Active Circuit	Fun and Fitness	Gen Active Body Pump		Fun and Fitness	Yoga/Pilates (Rotate Weekly)	Body Balance
10.30am							
11.00am	Gen Active Body Balance		Pilates		Yoga		
12.15pm		Body Pump		Pilates			
5.30pm	GRIT	Body Combat	Body Pump	Body Pump	Body Combat		
6.00PM	Body Pump			GRIT			
6.30pm	Body Balance	Pilates	Body Combat	Body Balance			

### AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am		Deep Water Running		Deep Water Running			
8.30am			Aqua Arthritic				
9.00am	Aqua Arthritic	Deep Water Running	Aqua Hi-Lo	Aqua Hi-Lo	Deep Water Running		Aqua Hi-Lo
9.30am							
10.00am	Aqua Arthritic		Aqua Arthritic		Yoga Aqua Arthritic		

\*Timetable subject to change without notice.

Please visit our website for live and up to date session times, as well as class descriptions.

### CYCLING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am	RPM		Sprint		RPM		
7.15am						RPM	
9.15am	RPM						
10.00am				RPM Classic			
12.15pm	RPM X-Press		Sprint		Sprint		
5.30pm		RPM	RPM & Sprint Combo	RPM			
6.00pm	Sprint						

### OUTDOOR CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00pm		Outdoor Functional Training		Outdoor Functional Training			

### 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.

#### Body Pump (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.

#### Body Balance (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.

#### Boxing Circuit

Circuit training plus a combination of martial arts, including partner-work, bag-work, and conditioning. Let off some steam and get fit at the same time. This session caters for all levels of experience.

#### 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.

#### Fun and Fitness

Our Fun and Fitness class 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 ideal for beginners and seasoned athletes alike.

#### Les Mills GRIT Strength

GRIT Strength 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.

#### Les Mills Dance

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.

#### Les Mills Sprint

Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

#### Outdoor Functional Training

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. People who use functional training tend to have a more balanced physique, tight abdominals, and a generally toned appearance.

#### 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.

#### RPM Classic

RPM Classic 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.

#### Yoga

A medium paced, holistic class with emphasis on awareness, alignment and balance. Simple breathing techniques are included in the practice and the class finishes with a guided deep relaxation.