

GROUP FITNESS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00AM - WALK & TALK RHONDA	6.15AM - SPIN RHONDA	6.00AM - DEEP WATER RUNNING RHONDA	9.15AM - MUMS AND BUBS NATALIE	6.15AM - SPIN RHONDA
9.15AM - ABS & BUMS NATALIE	9.30AM - <u>STRETCH</u> <u>JESS</u>	6.30AM - <u>RUN</u> <u>COACHNG</u> SUE	10.00AM - <u>AQUA</u> <u>AEROBICS</u> RHONDA	9.00AM - WALK & TALK RHONDA
9.30AM - STRETCH <u>JESS</u>	10.00AM - AQUA AEROBICS RHONDA	9.00AM - WALK & TALK RHONDA	12.15PM - FIT BALL NATALIE	6.00PM - AQUA AEROBICS MARIANNE
11.00AM - ACTIVE ADULTS SHIRLEY	10.30AM - MUM AND BUBS NATALIE	9.30AM - STRETCH JESS	5.00PM - AQUA AEROBICS MARIANNE	
2.00PM - AQUA AEROBICS MARIANNE	11.00AM - WALK AND TALK SHIRLEY	11.00AM - ACTIVE ADULTS SHIRLEY	5.15PM - SPIN NATALIE	
6.00PM - AQUA AEROBICS MARIANNE	12.15PM - HIIT NATALIE	6.00PM - AQUA AEROBICS MARIANNE		
	2.00PM - AQUA AEROBICS MARIANNE			
	5.00PM - FITBALL NATALIE			

CLASS DESCRIPTIONS

Abs and bottom burner

Focusing purely on strengthening your abs, butt and thighs, this class will incorporate a range of movements aimed specifically at trimming and toning the core of the body; abdominals, lower back, hips, glutes and thighs.

Fit ball class

Fit ball us a class where you perform exercises on a large inflatable ball. The movements will challenge your muscles, helping to strengthen and build up the core muscles of your body incorporating weights into the various exercises. This class is suitable for all ages, tailored to fit individual fitness levels.

HIIT

High intensity interval training involves bouts of high intensity efforts followed by varied recovery times. Utilising a mix of equipment and body weight to achieve individual fitness goals. Participants can expect to burn calories for up to six hours afterwards.

Mum and bubs

Mums and bubs is a circuit class where no two sessions will be the same, exercises ranging for all fitness levels with parents encouraged to bring along their children and get a good workout at the same time!