

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 am	SWEAT HIIT Lexi	STRENGTH Marcel	BODY FIT Cat	STRENGTH Cat		
8:15 am						STRENGTH Cat
9:15 am	SWEAT HIIT Marcel	STRENGTH Marcel	BODY FIT Cat	STRENGTH Cat	YOGA VINYASA Jo	BODY FIT Cat
10:15 am	YOGA VINYASA Jo	MOBILITY & STRETCH Marcel	YOGA Julie	PILATES Cat		
5:30 pm	SWEAT HIIT Cat	STRENGTH Cat	BODY FIT Marcel	STRENGTH Marcel		
6:30 pm	SWEAT HIIT Cat	STRENGTH Cat	BODY FIT Marcel	STRENGTH Marcel		
7:30 pm	YOGA VINYASA Jo	PILATES Cat	YOGA Julie			
AQUATIC GROUP FITNESS						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am				AQUA YOGA Jenene		
9am				AQUA FIT Jenene	AQUA FIT Jenene	
10am	AQUA FIT Lou					
11am	AQUA FIT Lou					
2pm		AQUA FIT Anthea				

SWEAT HITT intense work intervals with a variety of equipment and movements for a total body workout. Located in Rotunda.

BODY FIT Challenging whole-body workout with a focus on core and glutes using minimal equipment. Located in Rotunda.

STRENGTH Functional exercises with all types of resistance to strengthen the entire body. Located in gym room 3 (room behind reception).

MOBILITY & STRETCH Low intensity exercise and movement to improve mobility and flexibility. Located in Rotunda.

PILATES Low impact mat Pilates that aims to strength muscles while improving postural alignment, mobility and flexibility. Located in rotunda. BYO mat.

AQUA YOGA – Like most forms of water exercise, Aqua Yoga is super low impact making it an ideal way for people with joint pain improve their strength, flexibility and range of motion.

AQUA FIT – Aqua Fit is a workout in water that is inclusive of every fitness level and every age. Working out in water eliminates stress on the joints, improves cardiovascular fitness, can increase strength, flexibility, and overall health.