

## GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am	SWEAT HIIT Toto (R)	STRENGTH Toto (G) Yoga Jo (R)	HIIT BOXING Toto (R)	STRENGTH Cat (G)			
7.00am					HIIT BOXING Toto (R)		
8:15 am			PILATES Nicole (R)		PILATES Nicole (R)	PILATES Nicole (R) STRENGTH Toto (G)	
9:15 am		STRENGTH Toto (G)	STRENGTH Cat (G)	STRENGTH Cat (G)	YOGA VINYASA Jo (R)	STRENGTH Toto (G)	YIN YOGA Aleisja (R)
10:15 am	YOGA VINYASA Jo (R)	PILATES Nicole (R)	YOGA Julie (R)	PILATES Nicole (R)			
6:00 pm	SWEAT HIIT Cat (R)	STRENGTH Cat (G)	STRENGTH Toto (G)	STRENGTH Toto (G)			
7:00 pm	YOGA VINYASA Jo (R)	PILATES Nicole (R)	YOGA Julie (R)	YOGA VINYASA Jo (R)			
KEY	(R) Rotunda	(G) Gym					

## AQUATIC GROUP FITNESS

8am							
9am					AQUA FIT Sands Staff		
10am	AQUA FIT Lou			AQUA FIT Sands Staff			
11am	AQUA FIT Lou			AQUA FIT Sands Staff			
2pm		AQUA FIT Anthea					

Step 1- Download the MindBody app.

Step-2 Once the app has downloaded press "continue with email."

Step 3- Using the email that is connected to your Sands Health Club membership, enter your email address.

The email address receiving this this email from is the email you will use.

Step 4- Once you have enter you email press "forgot password?"

Step 5- Go to your email inbox and follow the link from MindBody to reset your password.

Step 6- Go back to the app and enter new password.

Step 7- Using the search button search "The Sands Health Club"- filter to business to make easier

Step 8- Add the Health Club to your "favorites" for easy access to your bookings.



