

# GROUP FITNESS TIMETABLE

**AUBURN RUTH EVERUSS  
AQUATIC CENTRE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am	Active Gold	Abs & Stretch	Aqua Fit	HIIT	Boxing	Zumba Gold	
9:00 am	Aqua Fit		Active Gold		Aqua Fit	Aqua Zumba	
10:00 am	Deep Aqua				Deep Aqua	Deep Aqua	
12:15 pm		Warm Aqua			Warm Aqua		
4:00 pm			Teen Active S				
5:00 pm			Teen Active G				
7:00 pm	Aqua Fit	Aqua Fit	Aqua Zumba				

Bookings required for all classes via Active World App  
Bring your own exercise mat to all Wellness Classes.

**Aqua Class  
Wellness  
Health Club**

# CLASS DESCRIPTIONS

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<b>AQUA FIT</b> (45 MINS)	Aqua Fit is an impact-free class designed to improve balance, agility, posture, flexibility and core strength. These entry-level classes introduce beginners to base moves and fitness-development activities in the water in a safe, supportive, and inclusive environment.
<b>DEEP AQUA</b> (45 MINS)	Deep Aqua is a full body workout, which combines cardiovascular, muscle conditioning and interval training from the deep end with buoyancy belts provided. This is suited for experienced participants and can increase range of motion and non-impacting movements.
<b>WARM AQUA</b> (45 MINS)	Warm Aqua is warm water exercise designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.
<b>AQUA ZUMBA</b> (45 MINS)	Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party, you shouldn't miss! There is less impact on your joints during a class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
<b>BOOTCAMP</b> (45 MINS)	A circuit-based class typically facilitated outdoors, it combines a mixture of cardio and strength-based exercises in order to create a holistic approach to training. These classes have a high intensity but can cater to a variety of fitness levels.
<b>HITT</b> (45 MINS)	HIIT is a high-intensity interval training class to help increase your fitness levels through short intense bursts of activities and routines. This class will boost your metabolism and have you burning fat long after you've left the gym.
<b>TEEN ACTIVE</b> (60 MINS)	<b>S = Silver;</b> Introduction to Sports Specific Exercise. For kids aged 8-12 years old <b>G = Gold;</b> Targeted Progression in Sports Specific Exercise. For teens aged 12-17 years old
<b>BOXFIT</b> (45 MINS)	Boxfit is a high energy class that uses boxing techniques to give you a full body workout. It also works to improve your cardiovascular fitness and tone your whole body like never before. Never done any boxing before? No problem, this class is designed for all levels of fitness.
<b>ABS &amp; STRETCH</b> (45 MINS)	Abs & Stretch is a class designed to work your abs and stretch the body. Get ready to feel a burn like no other! Suitable for all fitness levels
<b>ZUMBA</b> (60 MINS)	Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.
<b>ACTIVE GOLD</b> (60 MINS)	Perfect for older adults who are looking for a modified class that recreates the original moves you love at a lower intensity, with choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

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