

GROUP FITNESS TIMETABLE

AUBURN RUTH EVERUSS
AQUATIC CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am	BOOTCAMP (Paul)	KETTLEBELL (Paul)	BOXING (Paul)	BOOTCAMP (Paul)		
7:15am						BOXFIT (Nehad)
8:00am	AQUA FIT (Claudia)	BOXFIT (Paul)	AQUA FIT (Tatiana)	HIIT (Paul)	AQUA FIT (Claudia)	AQUA ZUMBA (ELIZABETH)
9:00am	Gold (Claudia)		Bootcamp (Marie T)		Stretch (Claudia)	GOLD (Nehad)
10:00am						DEEP AQUA (Tatiana)
12:15pm		WARM AQUA (Tatiana)			WARM AQUA (Tatiana)	
7:00pm	AQUA FIT (Tatiana)	AQUA FIT (Tatiana)	AQUA ZUMBA (Elizabeth)			

AQUA FIT: This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

AQUA ZUMBA: Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout. So, liven up your working week with some Latin fever.

DEEP AQUA: This water fitness program is held in the diving well of the pool and provides a no-impact but challenging cardiovascular workout. Participants will perform a variety of motions including water walking and running, abdominal work and toning exercises.

KETTLEBELLS: Kettlebell class is a high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound that will work multiple muscle groups.

BOXFIT: Our Boxfit class offers a great cardio workout featuring boxing training techniques, including skipping, boxing drills, footwork and abdominal workouts – all with a strong focus on toning the body. Prepare to work up a sweat, get the heart pumping and whip out some boxing moves in our Boxfit group exercise class.

HIIT: HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time

BOOTCAMP: A boot camp workout is basically a type of high-intensity interval training (HIIT) — bursts of intense activity alternated with intervals of lighter activity. A boot camp workout also can include functional fitness, such as using whole-body, multijoint exercises that simulate movements people do in life.

GOLD: No one is too old for the gym! Our Gold class, designed for the 55's. Focuses on developing overall fitness, balance, strength and reducing risk of injury.

GYM OPENING HOURS

Monday – Friday 6am -9pm
Saturday- Sunday 7am-7pm

CONTACT US

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