

GROUP FITNESS TIMETABLE

- Aqua Class
- Wellness
- Float Fit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	Boxing	Cross Training Aqua Fit	H.I.I.T	Yoga			
7:15am	ABT	ABT		Bootcamp			
7:30am	FloatFit				Deep Aqua		
8:00am	Yoga		Pilates		Yoga	Outdoor Yoga	
8:15am		Aqua Fit		Aqua Fit			
9:00am	Aqua Fit		Aqua Fit		Aqua Fit	Deep Aqua	Aqua Fit
9:15am	H.I.I.T	Cross Training	Bootcamp	Boxing	Cross Training		FloatFit
10:00am	GOLD					Cross Training	FloatFit
10:15am	GOLD		GOLD				
12:45pm		Warm Aqua		Warm Aqua			
1:30pm						Warm Aqua	
5:30pm	Boxing	H.I.I.T	Cross Training	H.I.I.T			
6:30pm	Zumba	Yoga	Boxing	Pilates	Cross Training		
	Aqua Fit	Aqua Fit		Aqua Fit			
7:00pm			FloatFit				
7:30pm			A.B.T				



Terms & Conditions:

Float Fit Program: Free for Members (timetabled classes only) Casuals will be charged at casual group fitness pricing.

CLASS DESCRIPTIONS

AUBURN RUTH EVERUSS
AQUATIC CENTRE

ZUMBA (60MINS)

A whole body workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. It combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

CROSS TRAINING (45MINS)

This is the ultimate boredom-buster at the Health Club. It is a combination of exercises with elements of cardio, strength and flexibility training designed to develop a well-rounded athlete. You will benefit by achieving overall fitness, reduced risk of injury and weight loss!

FLOATFIT (30MINS)

A 30-minute, low impact class on an AquaBase. It gives you a full body workout with a mixture of high intensity and yoga inspired classes to suit all abilities. It'll work out your core like crazy, but the payoff is dipping yourself in the cool refreshing water straight after!

ABT (45MINS)

Also known as Abs, Butts & Thighs focuses on strengthening your abs, butts and thighs. A combination of strength enhancing and muscle toning exercises to target common problem areas.

BOOTCAMP (45MINS)

This is a group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training.

OUTDOOR YOGA (60MINS)

Yoga – conducted in the outdoors, relax and refocus under the morning sky and lovely nature. This class encompasses the many stances and forms found through Power Hatha and Vinyasa Yoga.

GOLD (SENIORS) (45MINS)

This class incorporates gentle upper and lower body weights with abdominal, core strength, balance and flexibility exercises. The perfect way to introduce your body to regular exercises.

WARM AQUA (45MINS)

A gentle warm water class held in a hydrotherapy pool to accommodate gentle moves at a steady pace. Great for beginners with impact-free exercises focusing on improving core strength as well as balance, agility, posture and flexibility. Also suitable for those moving on from rehabilitation.

BOXING (45MINS)

This is a class that works all parts of the body but also all aspects of fitness such as; cardiovascular fitness, muscle endurance, muscular strength, stamina, co-ordination and power.

H.I.I.T. (45MINS)

Full body workout, the class is a rigorous interval training sequence with high intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

AQUA FIT (45MINS)

A shallow water workout which uses water's resistance to increase both cardiovascular and muscular fitness.

PILATES (45MINS)

A total body conditioning routine that helps build flexibility, strength and endurance in the legs, core, arms, hips and lower back.

DEEP AQUA (45MINS)

Similar to Aqua Fit however held in the 50m pool and is slightly more advanced.