

Spinning

Indoor cycling that improves cardiovascular health, helps in weight loss and improves lower body muscle tone

Muscle Max

Working big muscle groups using free weights.

Muscle Sculpt

Improve muscle tone, excellent for weight loss and increasing bone density

Step Sculpt

Improve muscle tone, excellent for weight loss and increasing bone density. Adding step moves to improve coordination and balance

HIIT

Working big muscle groups with simple un choreographed, high intensity interval training to get quick results

Zumba Gold

Same as Zumba but a lower impact classes great for beginners

Power Play

A bootcamp style class that incorporates fun and games into a workout that will have you sweating and smiling.

Yang Yoga

Targets strength, flexibility, balance and releases tension. Emphasis on breath soothes nervous system and induce relaxation.

Yin Yoga

Mindful and slow yoga that helps strengthens fascia, joints and ligaments. There are props in this class to help with poses.

Goldfit

Focus on fitness and wellbeing. Low intensity class that helps with mobility, balance and muscle strengthening.

Movement Therapy

Seniors focused class that helps with mobility, balance and coordination. It also helps with heart health and wellbeing

Box & Burn

With partners using gloves and pads. Improves cardiovascular health, muscle tone and coordination.

TABATA

High intensity interval training that gets your heart rate up in that very hard anaerobic zone for a short period of time.

Pilates

Improves flexibility, increased core strength and muscle tone.

Core Power

Held on the gym floor. Helps in stability, better posture and strengthening the abdominal area. Great for injury prevention

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A photograph of three women in a gym. The woman in the foreground is wearing a bright yellow tank top and is in a plank position on a purple mat. She is smiling at the camera. Behind her are two other women, one in a red tank top and one in a white tank top, also smiling. The background shows gym equipment like a red exercise ball and a black roller.

GROUP

EXERCISE

TIMETABLE



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6am (30min) TABATA Elliot (Gym Based)		6am Spinning Elliot			8am Spinning Melinda	
Mid Morning	8.30am Goldfit Melinda 9.30am Yang Yoga Gemma	9.30am Muscle Sculpt Gareth		9.30am Pilates Siobhan	8.30am Goldfit Laura 9.30am Spinning Melinda	8.30am (30min) HIIT Robyn (Gym Based) 8.30am Stretch Class Claudia	9.30am (75min) Yin Yoga Gemma
Mid Morning	10.30am Goldfit Melinda	10.30am (60min) Yoga Cheryl	10.30am Muscle Sculpt Melinda	10.30am Zumba Gold Tracy	9.45am Pilates Siobhan		
Afternoon	1pm Movement Therapy Brenda	12.30pm (30min) HIIT Claudia			1pm Movement Therapy Brenda		
Evening	5.30pm Box and Burn Gareth	5.45pm Step Sculpt Jacquie	5.30pm Muscle Max Claudia	5.30pm Box and Burn Gareth	6pm (30min) Core Power Coco (Gym Based)		
Late Evening	6.30pm (45min) TABATA Tracy	6.45pm (75min) Yang Yoga Gemma	6.30pm Pilates Felicity	6.45pm Yoga Tasha			

Green Classes are low intensity classes Blue classes are gym based classes