

Group Exercise

Timetable

SPIN

Spin is the original indoor cycling experience. This is a high energy cardio based workout.

SPIN FUSION

A mixture of high energy indoor cycling followed by weight training to increase strength and muscle mass.

MUSCLE MAX

Using a variety of weight bearing and body weight exercises. High repetition movements to sculpt your muscles faster.

STEP POWER

High and low intensity patterns. Movements are often athletic with simpler choreography, perfect for burning fat and toning up

BODY BLAST

A mixture of cardio and resistance exercises to energizing music, ensuring a full body workout.

BOX N BURN

Focuses on boxing techniques and strength drills. Supported with music, involves bag and pad work.

ZUMBA

Combines Latin rhythms with easy to follow moves creating dynamic dance based exercises.

YOGA

A spiritual, mental and physical discipline that originates from India. Develop strength and flexibility and mental awareness.

PILATES

Emphasizes the balanced development of the body through core strength, controlled breathing, flexibility and awareness.

BURN 45

Feel the BURN with this 45 minute high intensity interval training(HIIT) circuit.

AQUA FIT

A pool based class designed to reduce pressure on joints, providing a low impact workout.

GOLD FIT

A gym based programme designed for over 60's. Focusing on functional easy to follow gym exercises designed to support independence.

ACTIVATE

Low intensity class involving light weights and cardio exercise to improve fitness, strengthen and tone.

ZUMBA GOLD

Designed for beginners and seniors, it combines Latin rhythms with easy to follow dynamic moves

TAI CHI

This class focuses on gentle and flowing movements. This is a relaxing workout that will make you feel calm and energized.



GOLD FIT – Senior Classes & Youth Classes at Jordan Recreation Centre

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	<p>5:30 – SPIN (Sharlene – 45 – Spin Studio)</p> <p>5:30 – BURN 45 (Naki – 45 – Gym Floor)</p>	<p>5:30 – YING YANG BURN 60 (George – 60 – Group Ex room)</p> <p>6:00 – BOX N BURN (Julia – 60 – Gym Floor)</p> <p>6:00 – SPIN FUSION (Karen – 60 – Jordan Rec)</p>	<p>5:15 – SPIN (Ellie – 45 – Spin Studio)</p> <p>5:30 – BURN 45 (Dan – 45 – Gym Floor)</p> <p>6:00 – MUSCLE MAX (Karen – 60 – Group Ex Studio)</p>	<p>6:00 – BOX N BURN (Julia – 60 – Gym Floor)</p> <p>6:00 – SPIN FUSION (Karen – 60 – Jordan Rec)</p>	<p>5:15 – SPIN (Leith – 45 – Spin Studio)</p> <p>5:30 – BURN 45 (Trainer – 45 – Gym Floor)</p> <p>6:00 – BODY BLAST (Karen – 60 – Group Ex Studio)</p>	<p>7:30 – SPIN (Ellie – 60 – Spin Studio)</p>	<p>7:30 – AB BLAST (George – 30 – Gym Floor)</p>
Mid Morning	<p>9:30 – YOGA (Sally – 60 – Group Ex Studio)</p> <p>10:00 – ACTIVATE (Tania – 60 – Jordan Rec)</p>	<p>9:30 – SPIN (Annie – 45 – Spin studio)</p> <p>10:30 – AQUA FIT (Janine – 60 – Main Pool)</p> <p>11:15 – PRAMCAMP (Julia – 45 – Gym Floor)</p> <p>10:15 – CIRCUIT (Julia – 30 – Jordan Rec)</p>	<p>9:30 – PILATES (Annie – 60 – Group Ex Studio)</p> <p>10:30 – AQUAFIT (Sharon – 60 – Main Pool)</p> <p>10:00 – ACTIVATE (Tania – 60 – Jordan Rec)</p>	<p>9:30 – YOGA (Dianne – 60 – Group Ex Studio)</p> <p>9:30 – AQUA GREEN Green Prescription ONLY (Adam – 30 – Main Pool)</p> <p>11:15 – PRAM CAMP (Julia – 45 – Gym Floor)</p> <p>10:00 – GOLD FIT DANCE (Tania – 45 – Jordan Rec)</p>	<p>8:30 – PILATES (Ingrid – 60 Group Ex Studio)</p> <p>9:45 – PILATES (Ingrid – 60 Group Ex Studio)</p> <p>10:30 – AQUA FIT (Julia – 60 – Main Pool)</p> <p>10:30 – TAI CHI (Orlando – 60 – Jordan Rec)</p>	<p>8:30 – SPIN (Rocky – 60 Jordan Rec)</p> <p>9:30 – BURN 45 (Josh – 45 – Gym Floor)</p>	<p>10:00 – YIN YANG BURN 60 (George – 60 – Group Ex)</p>
OWMP EVENING	<p>5:15 – SPIN (Julia – 45 – Spin Studio)</p> <p>5:30 – BURN 45 (Noah – 45 – Gym floor)</p> <p>7:00 – AQUA FIT</p> <p>7:15 – PILATES (Caty – 60 – Group Ex Studio)</p>	<p>5:15 – SPIN (Rocky – 45 – Spin Studio)</p> <p>6:00 – BURN 45 (Dan – 45 – Gym floor)</p> <p>6:15 – YOGA</p>	<p>6:00 – YIN YANG BURN 60 (George – 60 – Group Ex)</p>	<p>5:15 – SPIN (Sharlene – 45 – Spin Studio)</p> <p>6:00 – BURN 45 (Josh – 45 – Gym floor)</p> <p>6:15 – YOGA (Sarah – 60 – Group Ex Studio)</p> <p>7:00 – AQUA FIT (Janine – 60 – Main Pool)</p>	<p>5:30 BURN 45 (Dave – 45 – Gym Floor)</p>		<p>4:00 – YIN YOGA (Gemma-90- Group Ex Studio)</p>
JORDAN EVENING	<p>4:00 – YOUTH BOXFIT (Dan 45 – Jordan Rec) Starts mon 19th April</p> <p>5:30 – STEP POWER (Ella 45 – Jordan Rec)</p> <p>6:30 – BOX N BURN (Trainer – 60 – Jordan Rec)</p>	<p>5:30 – ZUMBA (Ricky – 60 – Jordan Rec)</p> <p>6:30 – BURN (Dave – 45 – Jordan Rec) Starts Tuesday 13th April</p>	<p>5:30 – BOOTY BURN (Shan – 30 – Jordan Rec) starts Wed 14th April</p> <p>6:00 – MUSCLE MAX (Caty – 60 – Jordan Rec)</p> <p>7:15 – PILATES (Caty – 45 – Jordan Rec)</p>	<p>6:00 – BOX N BURN (Caty – 60 – Jordan Rec)</p> <p>7:00 – BURN (Dave – 45 – Jordan Rec) Starts Thursday 15th April</p>	<p>4:00 – YOUTH BOXFIT (Dan – 45 Jordan Rec) Starts Friday 16th April</p>		