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|---|---|
|    | <b>Aqua Aerobics</b> is a low impact cardio 45 minute class with upbeat music in chest height water using water as resistance as well as equipment like foam dumbbells and noodles. Suitable for all ages and fitness levels.   |
|    | <b>Deep Water Aqua</b> involves the performance of movement while suspended in water wearing a buoyancy belt where the feet cannot touch the bottom surface, resulting in a non-impact, high-resistant, total body exercise workout. Benefits of this method include less stress on the back, hips, knees and ankles. great core workout and recommended for runners. |
|    | <b>LES MILLS SPRINT™</b> is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. This workout drives your body to burn calories for hours.  |
|    | <b>NIFTY FIFTY</b> class is a combination of functional exercises, strength training and light cardiovascular exercise specially designed for those over 50.  |
|    | <b>LES MILLS RPM™</b><br>Take on the terrain with your Les Mills team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.  |
|    | <b>COTA STRENGTH FOR LIFE</b><br>Strength training for seniors under the qualified instruction of a specially-trained instructor. Note: this class requires prior registration. Please see front office for details.  |
|    | <b>Resistance, Intervals, Power, Plyometrics, Endurance &amp; Done.</b><br>Cardio and strength all in one.<br>Start your week with a bang.  |
|  | <b>LES MILLS BODYPUMP™</b> is a strength workout for anyone looking to get lean, toned and fit, fast. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, helping you achieve much more than on your own!  |
|   | <b>High Intensity Interval Training (H.I.I.T)</b> will have you supercharging your fitness, giving all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery period. Boosting your metabolism, burning fat even after you've left the gym!   |
|  | <b>Gentle Aqua</b> uses the heated water of the leisure pool as it is relaxing for muscles and joints, making moving them easier and more comfortable. The buoyancy of water also reduces the load on the joints. This class provides fun equipment and socialising that you hardly realise you are working out.  |

From 20<sup>th</sup> JULY 2020



## Group Fitness Timetable

### Opening Times

|   |                     |
|---|---------------------|
| Monday – Friday                             | 6am-12pm & 3pm -7pm |
| Saturday                                    | 8am – 1pm           |
| Sunday and after hours 24/7 gym access only |                     |
| Public Holidays 24/7 gym access only        |                     |



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\*\*Classes may change without prior notice. Insufficient numbers may result in a class being removed from the timetable.\*\*

|         | MONDAY  | TUESDAY   | WEDNESDAY                                       | THURSDAY                                 | FRIDAY  |
|---------|---|---|---|--|---|
| 6.15am  | <b>RIPPED (45)</b><br>Lisa – court              |   | <b>LES MILLS SPRINT (30)</b><br>Lynda- Studio   |  | <b>LES MILLS RPM* (45)</b><br>Lynda– studio     |
| 9.15am  |   | <b>LES MILLS BODYPUMP (60)</b><br>Lynda – court |   | <b>RIPPED (45)</b><br>Lisa– court        | <b>LES MILLS RPM* (45)</b><br>Lynda- Studio     |
| 10.30am | <b>STRENGTH FOR LIFE</b><br>Lisa- gym           |   | <b>NIFTY FIFTYS (60)</b><br>Lisa – court        |  | <b>STRENGTH FOR LIFE</b><br>Lynda - gym         |
|         |   |   |   |  |   |
| 5.30pm  | <b>LES MILLS SPRINT (30)</b><br>Lynda – studio  | <b>RIPPED (45)</b><br>Lisa – Court              | <b>LES MILLS BODYPUMP (60)</b><br>Lynda – court | <b>HIIT (30)</b><br>Lisa – court         |   |
|         |   |   |   |  |   |
| 6.30am  |   |   | <b>AQUA* (45)</b><br>Lisa – leisure pool        |  | <b>AQUA* (45)</b><br>Lisa – leisure pool        |
| 8.45am  |   |   | <b>DEEP WATER* (45)</b><br>Lisa – lap pool      |  | <b>DEEP WATER* (45)</b><br>Lisa – lap pool      |
| 9.30am  | <b>GENTLE AQUA* (45)</b><br>Lisa – leisure pool |   | <b>GENTLE AQUA* (45)</b><br>Lisa - leisure pool |  | <b>GENTLE AQUA* (45)</b><br>Lisa – leisure pool |
| 6.00pm  |   |   |   | <b>AQUA* (45)</b><br>Lisa - leisure pool |   |