

# CLASS TIMETABLE

DAY	TIME	CLASSES
MONDAY	10:00 - 11:00	Body Conditioning
	11:00 - 12:00	Aqua Aerobics
TUESDAY	09:30 - 10:30	Ab Fab
	18:00 - 19:00	Callenetics
WEDNESDAY	09:30 - 10:30	Circuit Training
	11:00 - 11:45	Aqua Aerobics
	12:00 - 12:30	Midday Motivator
	17:30 - 18:00	Aqua Aerobics
	18:15 - 18:45	Aqua Aerobics
	19:45 - 20:45	Yoga
THURSDAY	09:15 - 10:45	Yoga
	18:00 - 18:45	Legs, Bums & Tums
FRIDAY	09:30 - 10:30	Circuit Training
	11:30 - 12:15	Aqua Aerobics

## CLASS DESCRIPTIONS

### Ab Fab

30 Minute workout targeting the core and abs. Suitable for all levels.

### Aqua Areobics

Workout combining movements and water resistance, some classes include water weights. Suitable for All levels.

### Body Conditioning

Performance conditioning helpful with sports applications. Suitable for all levels.

### Callenetics

Using precise positioning to isolate specific muscle groups helping them to work deeper and tone quickly.

### Circuit Training

Variable intensity class using various styles of exercises to increase strength, endurance, and core stability. Suitable for all levels.

### Legs, Bums & Tums

A fun aerobic workout that will burn calories, great for weight loss and will help to increase overall fitness levels. Suitable for all levels

### Midday Motivator

A 30-minute Gentle low impact aerobic class. Suitable for all levels.

### Yoga

Creating balance in the body through developing strength and flexibility. Suitable for all levels