

# 2012 TIMETABLE

Where Fitness is Fun!

COMMENCING Monday 16th April 2012

OPERATING HOURS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am - 9:30pm	6am - 9:30pm	6am - 9:30pm	6am - 9:30pm	6am - 9pm	8am - 4pm	9am - 4pm

GROUP EXERCISE SESSIONS - AEROBIC ROOM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.15am <b>PowerWalk</b> Deb S (outdoors)			6.30am <b>X Trainer</b> Jo-Ann		
9.30am <b>PowerPlus</b> Kate	9.30am <b>Step Combo</b> Maree	9.30am <b>PowerBar</b> TBA	9:30am <b>T.H.T.</b> Ness	9.30am <b>Hi Energy</b> Kate	9.30am <b>ZUMBA®</b> Belinda	
10.45am <b>Pilates (Beginners)</b> Di	10.45am <b>T.H.T.</b> Michelle D	10:45am <b>Yoga</b> Simone		10.30am <b>ZUMBA®</b> Deb I	10.45am <b>Low Impact</b> Jo-Ann	
5.00pm <b>ZUMBA®</b> Deb I			12.30pm <b>Pilates (Beginners)</b> Frank			
6.00pm <b>Pilates (Beginners)</b> Frank	6.00pm <b>Step &amp; Tone</b> Deb S	6.00pm <b>T.H.T.</b> Ness	6.00pm <b>Pilates (Beginners)</b> Suzanne			
7.00pm <b>T.H.T.</b> Peta	7.00pm <b>Pilates</b> Frank	7.00pm <b>ZUMBA®</b> Deb I	7.00pm <b>ZUMBA®</b> Deb I			
8:00pm <b>Yoga</b> Lilly						

CIRCUIT EXPRESS / PRECISION CYCLE / BOXING ROOM CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am <b>Circuit Express</b> Jo-Ann		6.30am <b>Precision Cycle</b> Jo-Ann				
9.15am <b>Circuit Express</b> Deb S	9.15am <b>Circuit Express</b> Frank	9.15am <b>Circuit Express</b> Deb I	9.15am <b>Circuit Express</b> Deb S	9.15am <b>Circuit Express</b> Deb I	10.00am <b>Circuit Express</b> Julie	10.00am <b>Circuit Express</b> Michelle D. / Ness
5.30pm <b>Circuit Express</b> Sue	6.00pm <b>Precision Cycle</b> Di	5.30pm <b>Circuit Express</b> Deb I / Deb S	5.45pm <b>Precision Cycle</b> Di	5.30pm <b>Circuit Express</b> Ness		
6.30pm <b>Cycle / Boxing</b> Ness	7.00pm <b>Boxing*</b> Tim	7:00pm <b>Boxing*</b> Tim	* Bookings required for boxing class only.			

AQUA AEROBICS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11.40am Jan	11.40am Jo		11.40am Suzanne		12:10pm Shane	
	7.10pm Sondra		7.10pm Suzanne			

LIVING LONGER LIVING STRONGER (Over 55's)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		11:30pm <b>Low Impact Circuit</b> Linda				
12:40pm <b>Strength Training</b> Jan	12:40pm <b>Aqua</b> Louise	12:30pm <b>Weight Training</b> Frank	12:30pm <b>Pilates</b> Frank	12:30pm <b>Strength Training</b> Jan		

Classes are subject to change. Please refer to whiteboard in centre foyer.

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SWIMMING							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Casual Swim</b>	6am - 9am	6am - 9am	6am - 9am	6am - 9am	6am - 9am	8am - 8:30am	
	1:30pm - 2pm	2:30pm - 4pm	11:30am - 4pm	12:45pm - 1:30pm	12:30pm - 4pm		11:30am - 4pm
	7:00pm - 9:30pm	8.10pm - 9:30pm	7pm - 9:30pm	2:30pm - 3pm 8:10pm - 9:30pm	6pm - 9pm	1:10pm - 4pm	
<b>Lessons</b>	9am - 11:30am	9am - 11:30am	9am - 11:30am	9am - 11:30am	9am - 12:30pm	8:30am - 12pm	9am - 11:30am
	4pm - 7pm	4pm - 7pm	4pm - 7pm	4pm - 7pm	4pm - 6pm		

STEAM BATH & SPA							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Ladies</b>	9am - 12:45pm	9am - 9:30pm	9am - 12:45pm	9am - 9:30pm	9am - 12:45pm		
<b>Men</b>	12:45pm - 9:30pm		12:45pm - 9:30pm		12:45pm - 4pm		
<b>Mixed</b>	6am - 9am	6am - 9am	6am - 9am	6am - 9am	6am - 9am 4pm - 9pm	8am - 4pm	9am - 4pm

CHILDMINDING							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9am - 12:45pm	9am - 12:45pm	9am - 12:45pm	9am - 12:45pm	9am - 12:45pm			

CLASS DESCRIPTIONS		
<b>Aqua</b>	Non impact exercise in water. Aquatic resistance training designed for muscle strengthening and toning plus an aerobic component.	B - I
<b>Boxing</b>	One of the most effective cardio and strength workouts you will find. Combine skipping, pad work and a variety of other boxing drills for a fun class with results. Gloves provided. Maximum 12 participants (bookings required).	I - A
<b>Circuit Express</b>	Join in one of the best forms of cross training, incorporating hydraulic and aerobic work stations. Throw in some music; Qualified, Motivated Instructors and you get a great workout that's also fun.	B - I - A
<b>Hi Energy</b>	An aerobic class full of Hi/Lo moves. Bring lots of energy to this class!	I - A
<b>Living Longer Living Stronger</b>	Caters for the special exercise needs of older adults. A uniquely designed program which places emphasis on the social enjoyment and health benefits of physical activity. Also suitable for rehabilitation & people with health conditions.	B
<b>Low Impact</b>	No starjumps, running or jogging! A weightloss class designed to burn body fat. Lower intensity, longer duration basic aerobics.	B - I
<b>Pilates</b>	A progressive form of exercise which focuses on strengthening the body's core to stabilize the spine, reduce back pain, tone the body and enhance everyday life.	I - A
<b>Pilates (Beginners)</b>	Same as Pilates (above) using basic pilates movements & core stability suited for beginners or as a refresher.	B - I
<b>Power Bar</b>	Power Bar is a workout that appeals to everybody. Adjust the bar to work at your own level and feel every muscle work. Join in these simple, strong, strength training exercises.	B - I - A
<b>Power Plus</b>	An interval training class for a great Cardiovascular Workout as well as toning and strength training with the Power Bar exercises.	I - A
<b>Power Walking</b>	Venture outdoors for this low impact, fat burning workout. A 60 minute walk to tone that body!	I - A
<b>Precision Cycle</b>	Cycling in a group environment indoors! This class is not only low impact and fat burning, it also enhances your fitness. Challenge yourself!	B - I - A
<b>Step Combo</b>	Bring lots of energy to this class. Includes all your favorite step moves, weights, ab workout and more. Come join the fun!	B - I - A
<b>Step &amp; Tone</b>	Using basic step moves & hand weights, this class will provide great muscle toning & cardio fitness too! Come & join this class for heaps of fun.	B - I - A
<b>T.H.T.</b>	Tummy, Hips & Thighs. A class that focuses on abdominal & lower body muscle groups. A great toning & strengthening class targeting those major muscles.	B - I - A
<b>X Trainer</b>	This cross training class combines different styles of aerobic classes. A mix of all your favourite step, sculpt, high and low impact moves. Great variety and an even better workout!	I - A
<b>Yoga</b>	Enjoy the easy practice of stress reduction while you stretch - listen - learn - relax - balance - breathe - expand into union your body, mind and spirit via Hatha style Yoga.	B - I - A
<b>ZUMBA®</b>	Hypnotic Latin rhythms & easy -to-follow moves will blow you away. Have a blast with calorie-burning, body energizing, awe-inspiring movements that will engage & captivate for life. So get ready to join the party!	B - I - A

B - Beginner

I - Intermediate

A - Advanced