



## STUDIOS & POOL SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
09:45 AM	Spin & Trim (Int/Adv)	Circuit Training (Gen)	Boxercise (Beg/Int)	Step 'n' Sculpt (Beg/Int)	Hi-Lo Aero & Tone (Gen)	
10:00 AM	Aqua Fit (Gen)		Aqua Circuits (Gen)		Aqua Fit (Gen)	*Children Swim Lessons (Beg 2)
10:30 AM		Swiss Ball (Gen)		Below the Belt (Gen)		
11:00 AM						*Children Swim Lessons (Imp 1)
03:30 PM		*Children Swim Lessons (Beg 1 & Imp 2)	* Children Swim Lessons (Imp 1 & Adv 2)	*Children Swim Lessons (Beg 2 & Adv 1)		
04:30 PM		*Children Swim Lessons (Imp 1 & Adv 1)	*Children Swim Lessons (Beg 2 & Adv 1)	*Children Swim Lessons (Beg 2 & Imp 2)		
5:15 PM	Circuits Minor's (8 – 14yrs)	*Children Swim Lessons (Lane Swim)	* Children Swim Lesson (Beg 1 & Adv 2)	*Children Swim Lesson (Adv 2 & Imp 2)	Wet & Wild (6 – 14yrs)	
6.15 PM	Hi-Lo Aerobics (Beg/Int)		Circuit Training (Gen)			
7.00 PM	Spin & Trim (Int/Adv)	Step & Sculpt (Beg/Int)	Super Spin (Int/Adv)	Circuit Training (Gen)		
7.45 PM		Below the Belt (Gen)		Swiss Ball (Gen)		
8.00PM		Aqua Circuits (Gen)	* Adult Swim Lesson (Beg)	Aqua Fit (Gen)		
9.00 PM	* Adult Swim Lesson (Int)					



Jan – Mar 2008

## Studio Classes Description

1. **SPIN 'N' TRIM:** This class is perfect for those who want to get a cardio workout along with toning exercises.
2. **SUPER SPIN:** For the more advanced a challenging 45 minutes workout.
3. **STEP 'N' SCULPT:** incorporating power, strength & athletic moves with choreography with emphasis on body toning using Dyna Bands.
4. **BELOW THE BELT:** Concentrating on toning & strengthening muscles lower parts of the body using Dumbbells & Dyna Bands.
5. **SWISS BALL:** Using a ball a new & exciting way to exercise covering all major muscle groups to promote toning.
6. **MINOR'S CIRCUITS:** For boys & girls aged between 8 – 14 years. For those who want to get fit for their favourite sport, by exercising to the latest tunes. Focus on physical movement and an opportunity to develop co-ordination, flexibility, social interaction and physical fitness.
7. **CIRCUIT TRAINING:** Work at your own intensity through each station of our circuit for a fast-moving, total body workout. Weight training & aerobic exercises, no better way to burn off fat & get them muscles into shape.
8. **BOXERCISE:** Aerobic based workout with various boxing moves using gloves & pads.
9. **HI-LO AEROBICS:** Suitable for all levels of fitness high & low impact moves including toning exercises for all muscle groups.

## Pool Classes Description

1. **AQUA FIT/CIRCUITS:** Have fun whilst working out in the water in this non impact class gentle enough for all abilities but tough enough for fat burning, muscle tone & overall fitness. It's a great way to increase your confidence in the pool when learning how to swim.
2. **WET 'N' WILD:** Supervised playtime for children's aged between 6 to 14 years. With organised activities!!
3. **\*CHILDRENS SWIMMING LESSONS:** Suitable for children aged 4 years and upward. Lessons follow a grade system and children receive certificates including badges when they complete each level. Lessons are 45 minutes in duration and take place once a week, with a maximum of seven children per class. If you are unsure of the level in which to enrol your child or children please do not to hesitate to ask one of our fully qualified swimming instructors.
4. **\*ADULTS SWIMMING LESSONS:** Caters for all abilities from absolute beginner who have never swan before or have little experience to the more proficient swimmer. To help improve water confidence for those who want to learn how to swim, learn a new stroke and improve technique. There is a maximum of seven per class.
5. **CHILDRENS LANE SWIMMING:** Suitable for children who can swim more than 100 metres & confident in water.

## Class Policies

1. All classes must be booked in at reception at least 10 minutes before start time to ensure a space.
2. Please note that a minimum of three people (studios classes) and a minimum of five (aqua fit classes) are needed for a class to commence.
3. Members may not join in once a class has begun, as an adequate warm-up is necessary at the beginning of a class.
4. Wear good supportive aerobic / cross training shoes to avoid injury.
5. Please do not do your own routine, as this is distracting to fellow participants and the instructor.
6. For hygiene and health reasons please bring a sweat towel and water to all classes.
7. Glass bottles, mobile phones or chewing gum are not permitted in Studios or Pool areas.
8. If you have any injuries or illnesses please inform the Instructor before the class commences.
9. If you feel unwell during a class please consult the Instructor before leaving for your own health and safety.

**NOTE:** \* Additional rates apply contact reception for further information