



annette kellerman
aquatic centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	6:00 AM Boot Camp (p)	6:00 AM Bootcamp (p)	6:00 AM Boot Camp (p)	6:00 AM Bootcamp (p)			
	6.45 am Yoga (p)	7:30 AM Aqua	6.45 am Yoga (p)	7:30 AM Aqua			
	8:30 AM Aqua	8:30 AM Stretch (w)	7.30 am Metabolic Pump (w)	8:30 AM Swiss Ball	8:30 AM Aqua	7:00 AM Aqua	
	8:30 AM Swiss Ball	9:30 AM Metabolic Pump (w)	8:30 AM Aqua	9:30 AM Stretch (w)	8:30 AM Pilates (w)	8:00 AM Aqua	
	9:30 AM Aqua	9:30 AM Aqua	9:30 AM Boxercise (p)	10:30 AM Deep Water Aqua	9:30 AM Zumba (w)	8:30 AM Boxercise (p)	
	9:30 AM Pilates (w)	10:30 AM Pilates (w)	9:30 AM Zumba (w)	10:30 AM Pilates (w)	9:30 AM Aqua	8:30 AM Zumba (w)	
	10:30 AM Stretch (w)		9:30 AM Aqua		10:30 AM Stretch (d)	9:30 AM Pilates (w)	
	11:30 AM Gentle Circuit (w)		10:30 AM Gentle Circuit (w)		11:30 AM Gentle Circuit (w)	10:30 AM Yoga (p)	
Afternoon	12:15PM Warm Water Aqua	1:00 PM Warm Water Aqua	1:00 PM Warm Water Aqua	12:15 PM Warm Water Aqua			
	5:00 PM Bootcamp (p)	5:30 PM Stretch (w)	5:00 PM Pilates (w)	5:00pm Metabolic Pump			
	6:00 PM Pilates (w)	6:30 PM Zumba (w)	6:00 PM Metabolic Pump (w)	6:00 PM Yoga (w)			
	7:00 PM Deep Water Aqua	6:30 PM Aqua	7:00 PM Zumba (w)	6:00 PM Aqua			

This Timetable is valid from the 23/02/2022 and is subject to change. All booking go through the website or the Wix App. Invite code **AIOIQE**

Class bookings open 3 days and 2 hours prior to the class start time.

Cancellations must be made **2 hour** before the class start time. All participants must arrive no later then **5 minutes** after class start time.

For the following classes members need to bring their own equipment; Boxercise, Pilates, Stretch and Yoga

Category	Class	Description
Pool	Aqua Aerobics	This class will help you shape muscle & burn calories by using the water as resistance. Aqua noodles and underwater weights are used to increase intensity. Try Aqua Easy if you are looking for a more comfortable pace for rehabilitation, pre & post pregnancy.
	Deep Water Aqua	Increase the intensity in the deep end of the pool, prepare to be challenged in a floating environment. Build muscle tone and cardiovascular fitness using the water as resistance
	Warm Water Aqua	Warm Water Aqua is a form of treatment conducted in a heated pool to help regain or enhance physical wellbeing. Exercises are a series of gentle movements performed in a pool maintained at 31 degrees to 32 degrees Celsius.
Gentle Exercise	Gentle Circuit	A low impact senior's class for those who prefer a slower pace or are recovering from injury. Gentle Circuit will incorporate light resistance training combined with cardio for an invigorating yet safe full body workout to strengthen and tone.
	Pilates	Targets the deep postural muscles within the body; the abdominals, pelvis, back, shoulders & buttocks. A form of simple yet precise, controlled postures, concentration & breathing to enhance postural alignment, coordination, strength & flexibility.
	Stretch	A comprehensive class to help improve your range of movement and iron out any stiffness you may have from your activities of daily life. A range of floor work provided under the watchful eye of an instructor to help you get the most out of your stretching.
	Swiss Ball	Utilising a Swiss ball in your workout provides a unique opportunity to challenge your core stability with every exercise. You will develop a stronger core, improved tone & overall strength, co-ordination, better posture & body alignment.
	Yoga	A combination of breathing exercises, physical postures and movements utilising the entire body and meditation of the mind that has been practiced for more than 5,000 years. The practice of yoga leads to flexibility, strength and balance of both body and mind systems. Classes are tailored to all
Medium Intensity	Metabolic Pump	A cross training workout using cardiovascular, bodyweight and weighted exercises to add variety to your routine and keep your body guessing. This workout will get you sweating to a high energy soundtrack.
	Zumba	It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness- party™ that's moving millions of people toward joy and health. Dance your way to cardiovascular fitness, fat loss and muscle toning.
	Boxercise	Requires own boxing equipment - a high energy outdoor workout using boxing style exercises and utilising boxing equipment. Involves cross training with resistance training, cardiovascular training and core work
	Bootcamp	Resembling a military boot camp, this is a rigorous outdoor group fitness session where you will be pushed past your limits. Expect a combination of circuits, interval, cardiovascular and strength training including boxing and sprints in a park setting.