



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	6:30 AM Fast Track (w)	6:00 AM Boot Camp (p)	6:30 AM Fast Track (w)	6:00 AM Boot Camp (p)	6:30 AM Yoga (d)	7:00 AM Aqua	9:30 AM Zumba
	8:30 AM Aqua	8:30 AM Stretch (w)	8:30 AM Aqua	8:30 AM Swiss Ball (w)	8:30 AM Pilates (w)	8:00 AM Pilates (d)	10:30 AM Pilates (w)
	8:30 AM Swiss Ball (w)	9:30 AM Metabolic Pump (w)	9:30 AM Boxercise (p)	9:30 AM Deep Water Aqua	8:30 AM Aqua	8:00 AM Aqua	11:30 AM Pilates (w)
	9:30 AM Boxercise (p)	9:30 AM Aqua	9:30 AM Stretch (w)	9:30 AM Pilates (w)	9:30 AM Zumba (w)	9:00 AM Pilates (d)	
	9:30 AM Stretch (w)		9:30 AM Aqua	10:30 AM Aqua	9:30 AM Aqua	9:30 AM Boxercise (p)	
	9:30 AM Aqua Easy		10:30 AM Aqua Zumba	10:30 AM Stretch (w)	11:00 AM Gentle Circuit (w)	10:00 AM Yoga (d)	
	10:30 AM Pilates (w)		11:00 AM Gentle Circuit (w)			11:00 AM Yoga (d)	
	10:30 AM Deep Water Aqua						
	11:30 AM Gentle Circuit (w)						
	Afternoon	5:30 PM Pilates (d)	12:15 PM Warm water Aqua	5:30 AM Pilates (d)	12:15 PM Warm Water Aqua	6:00 PM Yoga (d)	
5:30 PM Aqua		1:00 PM Warm Water Aqua	5:30 AM Aqua	1:00 PM Warm Water Aqua			
6:30 PM Aqua		5:30 PM Fast Track (w)	6:30 PM Aqua	5:30 PM Metabolic Pump (w)			
6:30 PM Yoga (d)		5:30 PM Pilates (d)	6:30 PM Yoga (w)	6:30 PM Deep Water Aqua			
6:30 PM Metafit (w)		6:30 PM Aqua	6:30 PM Bar-Fit (w)	6:30 PM Pilates (w)			
7:30 PM Bar-Fit (w)		6:30 PM Zumba (w)	7:30 PM Yoga (d)				
		6:30 PM Pilates (d)					



Opening Hours

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Gym	6:00	6:00	6:00	6:00	6:00	6:00	8:00
	9:00	9:00	9:00	9:00	7:00	7:00	7:00
Aquatics	6:00	6:00	6:00	6:00	6:00	6:00	8:00
	8:30	8:30	8:30	8:30	6:30	6:30	6:30

(w)	Wellness Centre
(p)	Enmore Park
(d)	Downstairs Studio



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.
	Aqua Easy	Aqua Easy is Aqua Aerobics choreographed at a more comfortable pace for the young at heart, rehabilitation, pre & post pregnancy.
	Deep Water Aqua	This class uses the water resistance for strength gains, as well as a cardio component for toning and general fitness benefits. Prepare to be challenged in a fun, floating environment
	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.
	Aqua Zumba	An exhilarating class run in an aquatic setting. Bringing all the calorie burning, latin inspired fun helping you towards your fitness goals but with a twist.
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
Medium Intensity	Metabolic Pump	Weight training & body weighted exercises used to tone & condition the entire body. Cross training is vital for most sports & is a fantastic way to add variety to your routine and keep your body guessing.
	Bar Fit	Weight training & body weight exercises utilising barbells and dumbbells to tone & condition. This workout gets 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.
High Intensity	Fast Track	This 30 mins group exercise programs run by the gym staff will motivate & challenge the body. A combination of dynamic resistance & high intensity cardio moves to completely fatigue you.
	Metafit	Metafit is a high intensity workout including a series of body-weight exercises with interval style training. designed to keep your body burning calories long after your training session is complete.
	Boxercise	A high energy outdoor group session utilising boxing equipment. You will be cross trained with punching drills and combinations, body weighted exercises, sprints and core stability 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.



Opening Hours

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Gym	6:00	6:00	6:00	6:00	6:00	6:00	8:00	AM
	9:00	9:00	9:00	9:00	7:00	7:00	7:00	PM
Aquatics	6:00	6:00	6:00	6:00	6:00	6:00	8:00	AM
	8:30	8:30	8:30	8:30	6:30	6:30	6:30	PM

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