

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35am	Spin		Les Mills RPM			Gym opens at 8am	
6:00am		B-Zone		Pump	B-Zone		
8:05am						Les Mills Sprint	
8:30am							Les Mills Body Balance
9:00am		Line Dancing	New Body		Super Circuit		
9:30am	Aqua Deep			Step HIIT		Aqua Deep	Aqua Fit
9:50am			Aqua Fit				
10:30am	New Body	Aqua Senior		Aqua Senior			
12:05pm		Spin			Spin		
5:30pm	Les Mills Body Combat	Les Mills Body Pump	Step HIIT	B-Zone			

All classes are included in our FULL gym membership and all classes are open to non-members.

Adult casual participants **\$10.00**

Students, senior or community service card holders casual participant **\$6.00**

10 trip adult concession card **\$180**

10 trip adult aqua aerobics **\$90**

10 trip senior aqua aerobics **\$54.00**

10 trip gym pass **\$120**

<p><u>Les Mills Body Combat:</u> <i>Monday 5:30pm</i></p> <p>This high energy mixed martial arts class is 45 minutes worth of punching, kicking and ducking (non-contact of course). You will leave feeling stress free & energized.</p>	<p><u>Les Mills Body Pump:</u> <i>Tuesday & Friday 5:30pm</i></p> <p>This barbell workout is perfect if you are wanting to tone up & get fit fast. Using light to moderate weights with lots of repetition, Body Pump gives you a full body workout in only 45 minutes.</p>	<p><u>Les Mills Body Balance:</u> <i>Sunday 8:30am</i></p> <p>A combination of Tai Chi, Pilates & Yoga. In 45 minutes, you are coached through a series of breathing techniques, stretches & simple movements. It will leave you feeling relaxed, centered & ready to start you day.</p>
<p><u>Spin:</u> <i>Monday 5:35am / Tuesday & Friday 12pm</i></p> <p>45 minutes of constant work. Pedal through a series of hill climbs, sprints & endurance tracks which is guaranteed to spike your heart rate. Spin is great for cardio fitness.</p>	<p><u>Les Mills RPM:</u> <i>Wednesday 5:35am</i></p> <p>A cycling workout where you're led through hills, flats, time trials & interval training. Control your own resistance levels to increase fitness over time. It's a journey not a race.</p>	<p><u>Line Dancing:</u> <i>Tuesday 9am</i></p> <p>Experience the benefits of line dancing. Increase your fitness, strength, balance & agility. Line dancing is a great way to make new friends & boost your self-confidence.</p>
<p><u>Super Circuit:</u> <i>Friday 9am</i></p> <p>A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities.</p>	<p><u>Les Mills Sprint:</u> <i>Saturday 8:05am</i></p> <p>A 30-minute version of RPM at high intensity.</p>	<p><u>New Body:</u> <i>Monday 10:30am/Wednesday 9:00am</i></p> <p>This class is a low impact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve breathing & energy levels.</p>
<p><u>Step-HIIT:</u> <i>Wednesday 5:30pm / Thursday 9:30am</i></p> <p>Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body.</p>		<p><u>B-Zone:</u> <i>Tuesday & Friday 6am / Thursday 5:30pm</i></p> <p>Come along to B-Zone to improve your strength & fitness through a combination of individual & team-based movements. Each exercise is placed by a highly skilled trainer & can be modified to suit fitness levels, injuries & limitations.</p>
<p><u>Aqua Deep:</u> <i>Monday 9:30am</i></p> <p>Held in the deep end of the pool. With the assistance of water belts & resistance of the water, this class will get you fitter & more toned. This class is very low impact.</p>	<p><u>Aqua Fit</u> <i>Wednesday 9:50am & Sunday 9:30am</i></p> <p>Using the resistance of the water to tone the body, this high energy & fun class will strengthen the body & burn calories at the same time.</p>	<p><u>Aqua Senior</u> <i>Tuesday & Thursday 9:30am</i></p> <p>This class is held in the 5-lane programme pool. Our instructor will guide you through a series of movements in the water. Using noodles & paddles, you will work your entire body.</p>