

# GROUP EXERCISE CLASSES

## TIMETABLE

Updated May 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPSTAIRS GYM	5:35am SPIN 45min (Deb)		LES MILLS SPRINT 45min (Jax)				
	6:00am B-ZONE 45min (Deb)			PUMP 45min (Deb)	B-ZONE 45min (Joe)		
	8:05am					LES MILLS SPRINT 30min (Hayley/Jax)	
	8:30am					FLOW YOGA 45min (Suvish)	LES MILLS BODY BALANCE 45min (Karen)
	9:00am LINE DANCING Beginner: 9am Beginner – High: 9:45am 2hrs (Carol) Stadium						
	9:15am AQUA DEEP 45min (Sherry) 7 lane		NEW BODY 45min (Joe)		STEP-N-PUMP 45min (Mary)	SUPER CIRCUIT 45min (Dee)	
	9:30am TABATA 45min (Joe)	AQUA SENIOR 45min (Dee) 5 lane	AQUA DEEP 45min (Dee) 7 lane	PICKLEBALL 2hr 30min Stadium			AQUA FIT 45min (Jen) 7 lane
	10:30am LES MILLS RPM 45min (Mary)				AQUA SENIOR 45min (Mireie) 5 lane		
	12:05pm PICKLEBALL 4:45pm – 6:15pm (1hr 30min) Stadium		GENTLE HATHA YOGA 1hrmin (Suvish)			SPIN 45min (Mary)	
	5:00pm LES MILLS COMBAT 45min (Mary)	LES MILLS BODY PUMP 45min (Mary)	BOOTCAMP 45min (Mary) (Summer Only)	ZUMBA 45min (Mireie)	LES MILLS RPM 45min (Mary) (Summer Only)	B-ZONE 45min (Mireie)	STEP-N-PUMP 45min (Mary)
	6:30pm				GENTLE HATHA YOGA 1hr (Suvish)		

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

# GROUP EXERCISE CLASSES

## DESCRIPTIONS

### TABATA

This class is a low impact class which offers a range of aerobic exercises, mixed with resistance Barbells, Dumbbells, Bodyweight or Toning Bands. Focus is similar to New Body but with timed work/rest intervals. Approved Community Group Strength + Balance programme.

### SPIN

45 minutes of constant work! Pedal through a series of hill climbs, sprints and endurance tracks which is guaranteed to spike your heart rate. Spin is perfect for cardio fitness.

### SUPER CIRCUIT

A mixture of your favourite 80's, 90's aerobic combo's and resistance stations to increase strength and endurance. Ideal for all ages and abilities.

### ZUMBA

Zumba is the definition of fun and energy! Dance to energetic music, and forget you are even working out!

### LES MILLS RPM

Les Mills version of Spin

### PICKLEBALL

Racquet sport played indoors, combining elements of Badminton, Table Tennis, and Tennis. For the competitive, Or just for fun.

### LES MILLS BODY PUMP

This barbell/plate workout is perfect if you are wanting to tone up, get lean and fit fast! Using light to moderate weight with lots of repetition, Body Pump gives you a full body workout in only 45 minutes!

### B-ZONE

B-zone will improve your strength and fitness through a combination of individual and team-based movements. Our highly skilled trainers can modify exercises to suit all fitness levels and abilities, with injuries & limitations in mind.

High energy Martial.

### AQUA DEEP

Held in the deep end of the 7-lane pool. With the assistance of water belts and the resistance of the water, this class will get you fitter, stronger and more toned! This class is very low impact.

### AQUA FIT

Using the resistance of the water to tone the body, this high energy and fun class will strengthen and tone the body and burn calories at the same time!

### LES MILLS COMBAT

Arts-inspired workout that is totally non-contact. Punch and kick your way to ultimate fitness while burning some serious calories and improving core strength.

### LES MILLS SPRINT

A step up from Spin or RPM and only 30 minutes, and this high intensity interval workout is designed for rapid results. "We go hard, we rest, and we repeat".

### BOOTCAMP

Dynamic & intense group workouts, in an energetic and motivating atmosphere. Designed to provide a total body workout that will challenge you physically & mentally.

### LES MILLS BODY BALANCE

Body Balance is a perfect combination of Thai Chi, Pilates and Yoga. In only 45 minutes you are coached through a series of breathing techniques, stretches, simple movements and motions that will have you feeling relaxed, centered and ready to start your day.

### LINE DANCING

Experience the benefits of line dancing. Increase your fitness, strength, balance and agility. Line dancing is a great way to make new friends and boost your self-confidence.

### NEW BODY

This class is a low impact class using light hand-weights, which offers a range of aerobic exercises, focusing on strength, balance and mobility to improve breathing and energy levels!

### STEP-N-PUMP

Step-n-Pump is a new and innovative 45-minute combination workout that combines, 'simply' Step and Pump. Combining classic cardio with Step moves to boost your cardio fitness, and Pump movements for a total strength workout that will tone and shape your body - leave feeling the ultimate satisfaction.

### YOGA

Improve flexibility & balance, increase energy & vitality. Focused mind, sharpened intellect, and relaxation. Gentle Hatha Yoga: A slow paced, calm and restorative Yoga practice that focuses on postures, breathing and relaxation. Flow Yoga: A dynamic and flowing style of Yoga that synchronizes movement with breath.

### AQUA SENIOR

This class is held in our 5-lane program pool. Let our instructor's guide you through a series of moves in the water! Using body resistance, pool noodles, boards and paddles. You will work your entire body without you realizing it! This class is registered with Age Concern and is an approved Community Group Strength + Balance programme, dedicated solely to the Seniors of New Zealand.