

AEROBIC TIMETABLE 2009/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am						
7.30 am						*STEP SCULPT
8.45 am	CIRCUIT				STEP	
9.00 am		SCULPT		*FATBURNER		FIGHTN FIT
9.00 am		AQUA		AQUA		AQUA
9.30 am	SCULPT				SCULPT	
9.45 am			STEP			
10.00 am		#FATBURNER		#ABT'S		
10.15 am	*YOGA					
10.30am			FUNKY FIT BALL			
5.00 pm			AQUA		AQUA	
5.45 pm		FIGHTIN FIT		FIGHTIN FIT		
6.00 pm	STEP		COMBO		*YOGA	
6.30 pm		#ABT'S				
6.45 pm			*YOGA			

- Denotes a one hour class, # Denotes 1/2 hour class - All other classes are 45 minutes.

Opening hours

Mon-Wed 5:30am - 8:30pm

Thurs - Fri 5:30am - 7:30pm

Saturday 7:30am - 5:00pm

Sunday 7:30am - 1:00pm

Pool opens at 6:15am Monday - Friday

CLASS DESCRIPTIONS

ABT CLASS	½ hour class blitzing Abs, Butts and Thighs
AQUA	Fantastic fun! Excellent for toning, fitness or rehabilitation.
COMBO	A combination of different styles of class, appealing to everyone.
FAT BURNER	Low impact class, no running/jumping. Designed for all levels.
FIGHTIN FIT	A class for everyone! An exciting combo of circuit training and boxing techniques.
FUNKY FIT BALL	Work on the fit balls combining strength work, abdominal and stretching.
STEP INTVL	A Combination of step and body sculpting.
NEW BODY	½ hour class focusing on low intensity exercise with or without hand weights/balls.
SCULPT	A muscular endurance workout designed to tone and condition the whole body.
STEP	Medium to high intensity utilising a step platform to increase aerobic benefit.
STEP COMBO	A variety of Step and our Instructors choice. Fantastic for cross training.
STEP SCULPT	As the name suggests. ½ an hour of each. A good combo of fitness & strength.
CIRCUIT	A lively & inspirational class. Circuit training involving new & creative stations.
YOGA	Exercise your mind, body and soul. The class you've always wanted!