



Effective from August 3, 2020

Acknowledge and embrace the 'new normal' in our way of life due to COVID-19

Gym and Studio Rooms

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	POWER SPIN	LES MILLS BODY ATTACK	SPIN	METAPWR	SPIN		
6:30am							
7:15am						LES MILLS BODY ATTACK	
8:00am			MSWING				
8:15am						LES MILLS BODY PUMP	
9:15am	LES MILLS BODY PUMP	POWER SPIN	STEP & TONE	THUMP	METAFIT		METAPWR
9:30am						LES MILLS BODY BALANCE	
10:00am	EXPRESS SPIN				EXPRESS SPIN		LES MILLS BODY PUMP
10:15am	PILATES	LES MILLS BODY BALANCE	LES MILLS BODY ATTACK	LES MILLS BODY BALANCE	PILATES		
10:15am		METAPWR	STUDIO PILATES	METAPWR			
3:30pm	TEEN GYM 2 HOURS		TEEN GYM 2 HOURS				
4:30pm	METAFIT						
5:30pm	LES MILLS BODY PUMP	EXPRESS SPIN	LES MILLS BODY ATTACK	EXPRESS SPIN			
5:30pm		PILATES		STUDIO PILATES			



Aquatic Area

	MON	TUES	WED	THURS	FRI
6:00am					
9:15am					
5:00pm					
6:00pm					

CLASSES CEASE OVER WINTER

Opening Hours:
 Monday to Thursday
 5:50am to 8pm
 Friday
 5:50am to 6:30pm
 Saturday
 7am to 4pm
 Sunday/Public Holidays
 9am to 4pm

NO LEEWAY FOR LATENESS



CLASS	DESCRIPTION
LesMills BodyAttack	A high-energy fitness class with moves that cater for total beginners to total addicts. Combining athletic movements like running, jumping and lunges with strength exercises such as push-ups and squats. A instructor will pump out energising tunes and lead you through the workout – challenging your limits in a good way and leaving you with a sense of achievement.
LesMills BodyPump	Is the original barbell class that strengthens and tones the body. This workout challenges all major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Pumping music, awesome Instructors and the fastest way to lose body fat and shape up.
LesMills BodyBalance	Yoga, Tai Chi and Pilate's workout building flexibility, improving posture, joint mobility and range of movement to ensure fewer injuries. Controlled breathing, moves and poses to music creating so much more than a simple workout, it's your personal 'time out' from the stress of daily living.
MetaPower	MetaPwr is a unique metabolic resistance workout, providing resistance training to build muscle, burn fat and improve fitness.
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.
Pilates	Pilates is based on the principal teachings of "Joseph Pilates", the creator and founder of Pilates. His philosophy of continually improving physical and mental health through movement is the foundation of this class and the benefits have no boundaries.
Studio Pilates	Studio Pilates uses traditional Pilate moves, Pilate circles and bands to increase resistance in the workout which gets you that incredible body toning results.
PowerSpin	Is a challenging 45 minute class that combines the cardio from a Spin class and weight workout from a Pump Class. Push your body to its limits.
Spin	A dynamic indoor cycling workout which takes you through an energy charged cardiovascular fitness, muscle strength and endurance. Classes include a variety of sprints and hill climbs with motivating music. If it is a calorie burn you seek, then this is the class for you.
Step & Tone	For all the people who love a good old fashion cardio program using a step, finishing off with an all over weights and toning session.
Thump	High intensity freestyle class, incorporating free weights and body weight exercises. Challenge your body as the instructor varies the exercises and format from week to week.
Teen Gym	An activity for the independent teenager between 12 - 16 years wanting to live a healthy and active lifestyle. Under the guidance of a qualified instructor between the hours of 3.30-5.30pm, Monday and Wednesday. No bookings required.
mSwing	Is a group exercise class that uses 0-5kg weights with simple easy movements that will help improve your cardio vascular, bone density, mobility, strength and flexibility. This program is suited to everyone of any ability, work at your own pace, intensity and range of movement all the while with a BIG SMILE.

CLASS ETIQUETTE

- Participants must be over 12 years of age
- Bring a towel and water bottle
- Loose comfortable clothing – No jeans
- Spin associated classes are limited, so please book to avoid disappointment
- New participants are required to attend the class at least 10 minutes prior to the start of the class.
- Check with your Doctor before starting any fitness classes.
- Tell your Instructor if you are pregnant, have any injuries or medical conditions before the class

