



Mon		Tues	Wed		Thur	Fri	Sat
		<b>8:00 AM</b> Gentle Aqua 45 mins Debbie					<b>8:15 AM</b> ABT 45 mins Indi
	<b>9:00 AM</b> Senior Strength 45 mins Indi	<b>9:00 AM</b> Aquafit 45 mins Debbie	<b>9:00 AM</b> Aqua Deep 45 mins Debbie	<b>9:00 AM</b> Senior Strength 45 mins Rylan		<b>9:00 AM</b> Aquafit 45 mins Indi	<b>9:00 AM</b> Aqua Bootcamp 45 mins Indi
<b>5:30 PM</b> Aquafit 45 mins Debbie	<b>5:30 PM</b> Strength & Conditioning 30 mins Rylan	<b>5:30 PM</b> Pilates 45 mins Indi	<b>5:45 PM</b> Aqua Tabata 45 mins Debbie	<b>5:30 PM</b> Strength 45 mins Indi	<b>5:30 PM</b> Pilates 45 mins Indi		

Effective from 28th April 2025

Please Note: This timetable is subject to change on short notice. Classes have participant capacities - book in ahead on the Activeworld app or arrive on time to avoid disappointment.

## CLASS DESCRIPTIONS

### **Aquafit**

Aquafit is a water-based cardiovascular conditioning class that will work your whole body using the resistance of the water & equipment such as dumbbells, noodles, kickboards etc. This class is a low-impact class and is suitable for all abilities.

### **Aqua Deep**

Aqua Deep Combo is a water-based class that will work your whole body using the resistance of the water & equipment such as dumbbells, noodles, kickboards etc. This class utilizes a combination of shallow and deep water activities. This class is a low-impact class and is suitable for all abilities.

### **Aqua Bootcamp**

This class is a high-intensity water-based class that focuses on strength, power and stamina in the water. This is a low-impact class and is suitable for all abilities.

### **Aqua Tabata**

Our Aqua Tabata class is a high-intensity, low-impact water workout using interval training to boost cardio, strength, and endurance. Using equipment like dumbbells, noodles, and kickboards, it's perfect for those wanting a fun, challenging session without the joint stress.

### **Gentle Aqua**

Gentle Aqua is a shallow water-based class. It is low-intensity and focuses on increasing strength, balance and mobility. This class is well-suited to seniors or individuals recovering from injury.

### **Senior Strength**

Seniors Strength is a land-based class suited to older adults, beginners or simply those wanting a low-impact option that improves strength, balance and mobility. This class is also suitable for those restricted by injury, orthopedic and/or chronic conditions.

### **Strength & Conditioning**

This is a high-intensity class that includes a variety of strength, conditioning and cardio style training to work the whole body. Suitable for intermediate or advanced levels.

### **ABT (Abs, Butts & Thighs)**

ABT uses controlled exercises to build and sculpt your abs, butt and thighs. Suitable for all abilities.

### **Strength**

Strength training uses predominately weighted exercises to improve muscular strength. This is a well-rounded full body workout that utilizes compound exercises paired with some accessory exercises to get you feeling and looking stronger! Suitable for all abilities.

### **Pilates**

Strengthen the body and mind with our Pilates classes. This class involves body-weight exercises on the mat. Exercises are mostly performed lying on back, side or kneeling. This is a great low-impact class to work the whole body, especially the core muscles.