



Mon		Tues	Wed		Thur	Fri	Sat
		<b>8:00 AM</b> Gentle Aqua 45 mins Leslee					<b>8:05 AM</b> Pilates 45 mins Indi
	<b>9:00 AM</b> Senior Strength 45 mins Indi	<b>9:00 AM</b> Aquafit 45 mins Leslee	<b>9:00 AM</b> Aqua Deep 45 mins Leslee	<b>9:00 AM</b> Senior Strength 45 mins Rylan	<b>9:00 AM</b> Swim-Fit 45 mins Karen <b>*Program runs from 12th-26th June</b>	<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 Leslee	<b>5:30 PM</b> Strength & Conditioning 30 mins Rylan	<b>5:30 PM</b> Strength 45 mins Indi		<b>5:30 PM</b> Pilates 45 mins Indi	<b>5:30 PM</b> Strength 45 mins Indi		

**Effective from Tuesday 10th June 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.

### 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

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.

### Swim-Fit

This class is designed to boost your fitness while building essential water confidence! This class combines a full-body workout with a focus on proper swimming technique and vital water survival skills. Perfect for all levels, you'll improve your strength, endurance, and technique in the water - all while having fun in a supportive, low-impact environment. **Please note: This is a 3-week program and will run from 12th-26th June.**