

Group Fitness Timetable

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--------------------|---------|--------------------|----------|--------------------|----------|
| 6:00am | | | | | | |
| 8:00am | AQUA 45 minutes | | AQUA 45 minutes | | AQUA 45 minutes | |
| 12:30pm | | | | | | |
| 5.45pm | AQUA 45 minutes | | AQUA 45 minutes | | | |
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CLASS DESCRIPTIONS

- AQUA** Low impact and high intensity aquatic fitness class. Suitable for all fitness and ability levels.
- FLOAT FIT** High impact class targeting core strength and cardio fitness, all while balancing on the water!
(COMING SOON)
- OUTDOOR** Land-based exercise to improve cardio fitness, strength and balance. Suitable for all fitness levels and abilities.
(COMING SOON)

GROUP FITNESS INFORMATION

- Remember to bring water and a towel, including for land-based classes
- Supportive swimwear is required for Aqua & Float Fit classes
- Activewear and runners are required for land-based fitness classes
- Any exercise can be modified so please inform your instructor if you have any injuries or if you cannot perform a certain exercise