

Land Classes

Studio 1

| TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---------------|----------------|---------------|---------------|-----------------------------|---------------------|---------------|
| 6.10AM | Pursuit Cycle | BODYPUMP | BODYSTEP | BODYPUMP | *Fitness Challenge | | |
| 8.00AM | Lite Pace | | | | | | |
| 8.30AM | | | | | | BODYJAM | |
| 9.15AM | BODYPUMP | Pursuit Cycle | THT | Pursuit Cycle | BODYPUMP | | Pursuit Cycle |
| 9.30AM | | | | | **Outdoor Fitness Challenge | Pursuit Cycle | |
| 10.30AM | | | | | | | BODYPUMP |
| 10.40AM | BODYBALANCE | BODYSTEP | BODYPUMP | BODYBALANCE | Lite Pace | BODYATTACK | |
| 11.30AM | | | | | | | BODYBALANCE |
| 11.45AM | Lite Pace | | | | | | |
| 12.05PM | Pilates | Tai Chi | | | Pilates | | |
| 3.00PM | | | | | | Hatha Yoga (90mins) | |
| 5.30PM | Pursuit Cycle | Boxing Circuit | BODYPUMP | BODYATTACK | BODYBALANCE | | |
| 6.30PM | BODYATTACK | BODYPUMP | BODYSTEP | 50/50 | BODYPUMP | | |
| 7.30PM | BODYPUMP | BODYBALANCE | Pursuit Cycle | BODYJAM | | | |
| 8.30PM | Hatha Yoga | | | | | | |

****Outdoor Fitness Challenge** is conducted outside and is a 50min class

Studio 2

| TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|---------|---------|---------|-----------|----------------|--------|----------|----------------|--|
| 10.40AM | *ZUMBA | | | | | | Boxing Circuit | |
| 6.00PM | Pilates | | | | | | | |
| 7.00PM | THT | | | Boxing Circuit | | | | |
| 8.00PM | BODYJAM | | | | | | | |
| 8.30PM | Pilates | | | | | | | |

* These are trial classes

Aqua Classes

| TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-----------|---------|-----------|----------|--------|----------|--------|
| 9.30AM | Aqua | | | | Aqua | | |
| 10.15AM | | | | | | | Aqua |
| 10.40AM | Aqua | D.W.A | Aqua | | | | |
| 12NOON | S.W.E.A.T | | | | | | |
| 6.15PM | | | | | Aqua | | |
| 6.30PM | Aqua | Aqua | | D.W.A | | | |
| 7.00PM | Aqua | | | | | | |

Please Note:

As a courtesy and for safety reasons, participants will not be admitted into group fitness classes after the class has commenced. Please bring a towel & water bottle to each class and a blanket for Yoga, BODYBALANCE® & Pilates.

All classes are 55 minutes in duration with the exception of 6:10am and 12:05pm classes which are 50 minutes.

Participants must be aged 16 years and over to attend BODYPUMP, Boxing Circuit, Bootcamp & Fitness Challenge

Participants must be aged 14 years and over to attend all other group fitness classes.

Please place your personal belongings and bags in a locker (members only)

Land Aerobics

50/50 - Half class of freestyle aerobics using Hi and Low impact moves. The second half is a great step aerobics workout. Great for improving your fitness and coordination.

BODYATTACK® - Will get you fit FAST! This high energy aerobics class is suited to participants with moderate to high fitness.

BODYBALANCE® - Combines the disciplines of Yoga, Tai Chi and Pilates with dynamic moves. The emphasis in this class is on controlled, concise movements and relaxation.

BODYJAM® - The ultimate groove/dance class. An addictive blended class with the latest and greatest sounds of Hip Hop, Funk and Latin American music.

BODYPUMP® - A low impact, complete body workout using specifically designed barbells. This class is perfect for toning your body whilst working your cardiovascular system at the same time.

BODYSTEP® - The perfect workout for your butt and thighs. This class is ideal for those who want to increase their fitness levels.

Boxing Circuit - An exciting, high intensity action packed class. The class consists of focus mitts, skipping, shadow boxing and other cardio and resistance exercises. Boxing Circuit is suitable for all fitness levels.

Fitness Challenge - Increase your Stamina, Attitude, Strength and Shape (SASS). Hi energy class designed on the principles of boot camp. Variety of both indoor and outdoor activities including cardio fitness, boxing circuit, free weights and medicine ball work. Suitable for all fitness levels.

Outdoor Fitness Challenge - Similar to Fitness Challenge but conducted outdoors. Suitable for all fitness levels.

Lite Pace - Gentle, low impact aerobic workout. Ideal for beginners or seniors. A great way to start any health & fitness regime.

Pursuit Cycle - Is an indoor cycling class that is choreographed to music. This workout is perfect for the cycling enthusiast or anyone wanting to vary their training. This class burns more calories per hour than any other Group Fitness Class.

THT - Target those trouble spots. Helps increase tone and strength in Tummy, Hips & Thighs.

ZUMBA - Latin inspired, dance fitness workout set to sexy, high energy and international music. Suitable for all fitness levels.

Aqua Aerobics

Aqua - This class is designed to increase your cardiovascular fitness, strength and muscle tone in a low impact environment.

D.W.A (Deep Water Aqua) - A challenging workout utilising floating belts and deep water running set to send your heart racing.

Specialty Classes

Hatha Yoga - Release tension, and increase inner strength and flexibility.

Pilates - Improve your core strength by concentrating on muscle control & correct breathing patterns through smooth flowing movements. This ancient method is utilised to improve your core stability, posture, balance & flexibility.

S.W.E.A.T. - Specialty aqua class allowing participants to take part at a level suitable to their movement & fitness ability.

Tai Chi - Ancient style of gentle exercise for the mind and body. Engross yourself in peace and relaxation using this 1000 year old practise.

Centre Operating Hours

Monday - Friday: 6am - 9.45pm

Weekends and Public Holidays: 8am - 7.45pm

Closed Christmas Day and Good Friday.

Access and hours may vary.

Please contact the Centre for class details on Public Holidays or visit our website www.aqualink.com.au

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Group Fitness Timetable

Effective 1st June - 31st August 2010



www.aqualink.com.au

