



Gym - Group Fitness Classes

Timetable starts Monday 9th October 2023

RECEPTION Ph 02 4823 4834

PLEASE COLLECT YOUR TICKET AND GIVE TO YOUR TRAINER AT THE START OF YOUR SESSION

	Monday	Tuesday	Wednesday	Thursday	Friday
6.45am – 7.30am	HIIT CARDIO		HIIT CARDIO		
9:30am - 10:15am		STRENGTH	CIRCUIT	CARDIO BOXING	
12.15pm – 12.45pm					RESTORE
3:30pm – 5:30pm	SUPERVISED GYM	SUPERVISED GYM	SUPERVISED GYM	SUPERVISED GYM	
4.45pm – 5.30pm		STRENGTH		CARDIO BOXING	
5:30pm – 6.15pm	HIIT		HIIT		RESTORE

All sessions are included for GYM & GYM/SWIM Members and Fitness Passport Members (subject to class limits).

Fees apply for Casual Visitors.



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**Please bring a Yoga/Pilates Mat, Towel & Water Bottle to each session. Cardio boxing classes do require a personal cotton glove inner
The gloves inners are available for purchase at reception.**

HIIT CARDIO & HIIT

This class is high intensity interval training, a class designed to incorporate functional (everyday exercises) with minimal rest and longer working times. The trainers use a range of different training methods to make everyone get the most out of the session. Get ready to sweat.

RESTORE

After a long week the opportunity is here to recover and restore tired muscles. Tired bodies will feel better in this class designed to help with core, mobility, flexibility, and balance. This will allow you to reset, recover and relax while moving your body through low intensity exercises to improve overall recovery.

CARDIO BOXING

Get ready to feel inspired and be the new Rocky Balboa. This class will work your whole body and mind. Our trainers will lead you through different combinations and punches. You will receive a high level of cardio, muscle strength, faster reflexes, and a focused mind.

STRENGTH

Gain strength in this class by combining weights and resistance. This class builds muscles using low reps and higher weights to make gains.

CIRCUIT

Let's get moving! Come with friends. This class is a full body workout that includes both cardio and strength training in a circuit format design. Circuit classes help promote weight loss and endurance.

GYM INDUCTION/GYM SUPERVISION

Learn about the gym and the machines available to use. This is open gym for new members to participate in orientation of the gym with our trainers. Gym inductions are encouraged for all members and is COMPULSORY for any member under 18 years of age.