



# GROUP FITNESS TIMETABLE

EFFECTIVE 7<sup>th</sup> December 2020

Mon	Tue	Wed	Thu	Fri	Sat
				6:45 AM Power Tone 45min Brooke <b>NEW</b>	8:15 AM AquaFIT Bootcamp 45min Kelly/Vicky
9:00 AM Aqua Fit 45min Kelly	9:00 AM Strong Seniors 45min Vicky	9:00 AM Aqua Fit Seniors 45min Steve	9:00 AM aqua ZUMBA 45min Vicky <b>NEW</b>	9:00 AM Aqua Fit 45min Kelly	
5:30 PM aqua ZUMBA 45min Vicky <b>NEW</b>	5:30 PM Spin Express 30min Kelly	5:30 PM Power Tone 45min Brooke			
6:15 PM Chi Flow 45min Vicky	6:00 PM Aqua FIT 45min Kelly		6:00 PM Aqua Throw Back Thursday 45min Kelly <b>NEW</b>		

Multi-Purpose Room  
Exercise Program Room  
25m Pool

## CLASS DESCRIPTIONS

- **AQUAFIT** - A water based cardiovascular conditioning class utilising both shallow and deeper water levels (if participants are confident). By activating your upper and lower body muscles, this class delivers a fun action-packed workout in a low-impact environment.
- **AQUA FIT Bootcamp** - An upbeat aquatic based class designed to increase muscle strength and endurance. This equipment-based class uses apparatus like noodles, kickboards and aqua dumbbells for exercise variation in a fun and action-packed 45-minute session.
- **AQUA SENIORS** - Therapeutic water-based class especially designed for seniors and individuals with orthopedic and/or chronic conditions and supervised by a Clinical Exercise Physiologist.
- **AQUA ZUMBA®** - Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!
- **STRONG SENIORS** - Is designed to help keep the mind, body and spirit of older adults active, engaged and strong. A land-based class focusing on balance, strength and stamina. Designed for seniors and individuals with orthopedic and/or chronic conditions
- **POWER TONE** is a circuit type class based in our magnificent exercise program rooms that uses a combination of resistance and cardio based exercises to get results fast. Suitable for all abilities.
- **CHI-FLOW** is a combination of Tai Chi, Yoga and Pilates providing a low impact workout focused on improving your flexibility, balance and intra-abdominal strength while improving concentration and releasing tension and stress.
- **SPIN Express** is an Indoor cycling classes that guides you through a series of sprints, climbs and attacks packed into **30-minute** session. Suitable for all fitness levels as riders can work at their own pace.
- **AQUA THROWBACK THURSDAY** – Jump in the water for a time warp in music guaranteed to get you singing and swinging all your body parts like they're 20 years younger.

### Please Note

This timetable is subject to change without notice

Tickets are required to attend all group fitness classes and are available from the reception desk.

[swirltas.com.au](http://swirltas.com.au) | 6452 4890

