

NEW! FITNESS CLASS TIMETABLE 2012

* Members with early morning access only		Toning and strength	Cardio	Pool based classes	20 Jan 2012
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* SPINNING Brian 07:00 ~ 08:00	* TURBOFIT Warren 07:30 ~ 07:55	* CIRCUITS Warren 07:15 ~ 08:00	* SPINNING Brian 07:00 ~ 08:00	* CIRCUITS Warren 07:15 ~ 08:15	SPINNING Gym Staff 12:00 ~ 13:00
TURBOFIT Ray 13:15 ~ 13:40	AQUA HEALTH Warren 10:00 ~ 11:00	TURBOFIT Warren 13:15 ~ 13:40	* TURBOFIT Warren 07:30 ~ 07:55	AQUA HEALTH Warren 10:00 ~ 11:00	SUNDAY
STABILITY BALL Gosia 17:30 ~ 18:30	POWER STEP Keith 17:45 ~ 18:30	POWER STEP Erle 17:30 ~ 18:30	ACTIVE FOR LIFE Gym Staff 10:00 ~ 11:00	TURBOFIT Warren 13:15 ~ 13:40	BODY SCULPT Gym Staff 12:00 ~ 13:00
ZUMBA Heather 18:00 ~ 18:50	TONE ZONE Keith 18:30 ~ 19:30	SPINNING Gym Staff 18:15 ~ 19:15	SCULPT James 17:45 ~ 18:30	TEEN GYM Ray 16:30 ~ 17:30	
KEEP FIT Warren 18:00 ~ 19:00	SPINNING Gym Staff 18:30 ~ 19:30	ZUMBA Heather 19:30 ~ 20:20	SPINNING Gym Staff 18:30 ~ 19:30	SPINNING Gym Staff 19:00 ~ 20:00	
STEP Gosia 18:30 ~ 19:30	AERO COMBAT Keith 19:30 ~ 20:30	ZUMBA TONING Heather 20:30 ~ 21:20	STEP Josianne 18:30 ~ 19:30		
AQUA AEROBICS Warren 19:00 ~ 20:00	PLEASE NOTE				
SPINNING Brian 19:30 ~ 20:30	* Participants must obtain card for each class at reception				
SCULPT'N'TONE Gosia 19:30 ~ 20:30	* Late arrivals <u>will not be admitted</u> once class has commenced				
	* Cards are distributed on a first come, first served basis				
	* A minimum of 2 people are required for a class to commence				
	* Classes and/or instructors subject to change				
	* Please bring a towel and bottle of water to class				
	* Minimum age to participate in classes is 16 years with the exception of Teen Gym				
	* Classes before 9am are exclusive to members with early morning access				



SPORTSCO'S WELLNESS COURSES Please contact reception for the next start date of these 6 week courses

PILATES Introductory	Tuesdays at 12:20pm (45 min class) and Wednesdays at 7:30pm (hour long class)
PILATES Intermediate	Tuesdays at 1:05pm (45 min class) and Wednesdays at 6:30pm and 8:30pm (hour long class)
YOGA Mixed	Mondays at 8:30pm and Thursdays at 12:45pm (hour long class)
WEIGHT MANAGEMENT	Tuesdays at 7:30pm (90 min class)
TAI CHI Mixed	Mondays at 10am and Thursdays at 7:30pm (hour long class)



Active For Life, an energising class aimed at the older adult using movement to music to give a gentle but fun workout.

Aero Combat is a combination of kickboxing and aerobics choreographed to the latest upbeat music suitable for all levels of ability excellent for improving cardio and tone.

Aqua Aerobics, a water based non-impact aerobics class designed to suit all levels of fitness.

Aqua Health is a gentle yet effective water-based workout for all age groups.

Body Sculpt: a combination of resistance exercises and conditioning movements aimed at toning and improving your physique.

Circuits: a combination of aerobic and weight stations. Aimed at increasing both endurance and strength.

Keep Fit is a combination of aerobics and resistance training for the older adult. Great for general fitness and toning, designed to have fun.

Pilates tones the body with no pumping, no pounding and no burn. Increase core muscles to reduce back ache.

Power Step is a dynamic step class to improve fitness for all intermediate and advanced participants.

Sculpt'n'Tone: a combination of resistance exercises and conditioning movements aimed at toning and improving your physique.

Spinning is the original and most popular indoor cycling class. With no complicated moves to learn, along with music that begs your legs to pedal,

getting into the best shape of your life has never been more fun! Bring a bottle of water and a towel to all spinning classes.

Stability ball helps you improve your posture & core while sculpting a better body, using varied combinations in an invigorating fun workout!

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health, suitable for all ages.

Teen Gym: for 12 to 15 year olds, a combination of both cardio and resistance training and fun with the gym team.

Tone Zone: take your training to the next level with Keith's special take on resistance and bodyweight training, to get you strong and fit.

TurboFIT is an effective, express workout for members on the go. By training using functional movement, not muscles, you challenge yourself in a fast and fun way. All fitness levels welcome, maximum of 8 participants. TurboFIT is exclusive to members with gym access.

Weight Management Weekly sessions start you on the road to a healthier physique, using food advice and also some light exercise.

Yoga is designed to improve breathing, posture, flexibility and toning all combined within a stress free environment.

Zumba combines Latin and International music with a fun and effective workout system - a class that burns 600-800 calories in an hour!

Zumba toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.