

## Group Fitness Timetable from 3 December (Orange Alert Level)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.10am BodyPump* 30min	6.10am BodyPump* 45min	6.10am BodyPump* 30min	6.10am GRIT Strength* 30min	6.10am Core 30min		
6.40am Core 30min		6.40am Core 30min		7.00am Slow Flow Yoga 60min		
9.05am Dynamic Yoga 45min	9.05am Pilates 45min	9.05am GRIT Strength* 30min	9.05am Pilates Evolve 45min	9.05am BodyPump* 45min	9.15am BodyPump* 60min	9.15am Dynamic Yoga 60min
10.00am BodyPump* 30min	10.00am BodyPump* 60min	10.00am BodyPump* 30min	10.00am BodyPump* 60min	10.00am Tone 30min	10.20am Core 30min	10.30am Core 30min
10.35am Core 30min		10.35am Core 30min		10.35am Core 30min		
11.15am Alpine Stretch 45min		11.15am Alpine Stretch 45min	11.15am Dynamic Yoga 60min	11.15am Yoga Stretch 60min	11.15am Yoga Stretch 60min	
12.30pm BodyPump* 45min	12.30pm Yoga Stretch 60min					
5.00pm GRIT Strength* 30min	5.00pm GRIT Strength* 30min	5.00pm Core 30min	5.00pm GRIT Strength* 30min			5.00pm BodyPump* 45min
		5.30pm Tone 30min	5.45pm BodyPump* 30min			
5.45pm BodyCombat 60min	5.45pm BodyPump* 45min	6.00pm BodyCombat 45min	6.20pm Core 30min	5.45pm BodyPump* 60min		6.00pm Yin Yoga 60min
7.00pm Alpine Stretch 45min	6.45pm Core 30min	7.00pm Slow Flow Yoga 60min	7.00pm Dynamic Yoga 60min			
	7.30pm Dynamic Yoga 60min					

\* Not available as TeenFit class

## Cycle Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.10am RPM 45min		6.10am RPM 45min			
7.00am SPRINT 30min	7.10am SPRINT 30min	7.00am SPRINT 30min	7.10am SPRINT 30min	7.00am SPRINT 30min	8.15am RPM 45min	
9.15am SPRINT 30min	9.15am RPM 45min	9.30am RPM 45min	9.15am SPRINT 30min	9.30am RPM 45min	10.15am RPM 45min	9.30am RPM 45min
		12.30pm SPRINT 30min				
6.00pm RPM 45min	6.00pm SPRINT 30min	6.00pm RPM 45min	6.00pm SPRINT 30min			

Key:

Alpine Classes	Les Mills Classes	Les Mills SPRINT classes	Yoga Classes	Latest changes
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## Aquatic Class Timetable (starts Monday 13 September)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.15am TriSquad* 90mins		6.15am TriSquad* 90mins			
7.00am Aquafit 45mins		7.00am Aquafit 45mins				
12.15pm Aquafit (65+) 45mins		12.15pm Aquafit (65+) 45mins				
	6.00pm AquaHIIT 45mins					
	6.45pm You&Me (ante-natal)* 45mins					

Key:

Drop In	Booking Required					
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# Group Fit Class Descriptions

**MOBILITY CIRCUIT:** A 45-min workout that's ideal if you were doing Aquafit classes before the pool closed. You don't have to jump, this will be a great workout if you're new to the gym or fitness classes, and it will run while the pool is closed so no excuses for not staying active!

**STRENGTH 101 and 102:** A workout opportunity for teenagers aged between 13 and 18. Safe workouts that vary from circuits, cardio or strength-based exercises and games – indoor, outdoors or inside the gym. No experience required and all teens are welcome.

**LES MILLS BODY COMBAT:** The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Powered by great music and strong instructors, you'll strike, punch, and kick your way through calories to superior cardio fitness.

**LES MILLS CORE (previously CX WORX):** Based on cutting-edge scientific research, CX WORX combines the best of personal training with the energy of group fitness all in just 30 minutes! Honing in on the torso and sling muscles that connect your upper body to your lower body, it's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**LES MILLS BODY PUMP\*:** The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights will get you the results you came for - and fast!

**LES MILLS TONE:** This class features the optimal mix of strength, cardio and core training. A great cross training class. Accommodates all levels.

**LES MILLS GRIT STRENGTH\*:** Builds strength and lean muscle. Works all the major muscle groups and sends your metabolism into overdrive to burn fat for hours after the workout. Stimulates the production of growth hormone which reduces fat and helps develop lean muscle

**ALPINE STRETCH:** An athletic stretching class. Simple positions that target the most over used muscles in the body.

**ALPINE PILATES:** A body conditioning routine that builds flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates emphasises the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement. Pilates is one of the best forms of exercise for overall conditioning, toning and relaxation.

**ALPINE PILATES EVOLVE:** Our Evolve class is a step up from our standard pilates class. We lift the level a little to challenge people who are looking for that bit extra. However our instructor teaches to whoever is in the room, so movements can be modified if needed. This class is not suitable for those who are injured, so for the likes of back injuries etc. we recommend attending the standard pilates class where the movements are more fundamental. A reasonable base fitness is ideal.

**ALPINE TAI CHI:** Designed to improve mobility, flexibility and balance, Tai Chi involves a series of slow, fluid, gentle movements based on an ancient form of exercise that has been practiced for hundreds of years. Tai Chi has been shown to promote relaxation and prevent falls through improvement in balance reactions and lower limb strength. The perfect class for beginners as no experience is needed. Join us for a cup of green tea after class.

**ALPINE SLOW FLOW YOGA:** This class flows from one posture to the next but at a slow pace with plenty of time and space to get in and out of postures.

**ALPINE DYNAMIC YOGA:** These classes are active and sometimes challenging. Poses flow from one posture to the next but at a faster pace than slow flow. Both a yoga experience and a workout.

**ALPINE YIN YOGA:** This class will reduce tightness and stress and increase mobility and flexibility. This is a slow paced style of yoga with poses that are held for longer times to allow the body to relax into the position.

**ALPINE YOGA STRETCH:** Our yoga teachers put together a sequence of yoga poses that focus on stretching and relaxing. They might use props and the class will vary with the instructor.

**LES MILLS RPM:** The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your inner athlete while you sweat and burn to reach your endorphin high.

**LES MILLS SPRINT:** LES MILLS SPRINT is the indoor cycling workout that pushes you further. 30 minutes of high intensity interval training (HIIT) on a bike, LES MILLS SPRINT motivates you to push your physical and mental limits, led by an expertly trained instructor and a scientifically proven exercise program.

\*Not available as TeenFit class