

# GROUP FITNESS TIMETABLE 2024



		MON	TUES	WED	THURS
GROUP FITNESS CLASSES	9:10am	Functional Training (30min)		Pilates (45min)	Yoga (45min)
	6.00pm		#Dance (45min)		

## Functional Training

A 30 minute circuit-based class typically facilitated indoors and combines a mixture of cardio and strength-based exercises. With a key focus on integrated functional movements to assist with everyday movement and strength.

Sometimes incorporating interval training along with a variety of other training styles. Functional Training is suitable for participants of almost all ages and abilities.

## Yoga

A 45 minute flowing and meditative class, Yoga is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post.

You will work on improving your muscle tone, strength, stamina and overall flexibility. Note: Please bring your own mat.

## Pilates

Pilates will challenge your strength, flexibility and coordination with traditional and modern Pilates. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout.

Pilates has the power to transform your physical, emotional and spiritual state. 45 minute class. Note: Please bring your own mat

## #Dance

#Dance is a 45 minute dance fitness class. It features great music from all kinds of genres; a wide variety of dance styles and choreography that will suit all abilities from beginners to those with more dance experience.

#Dance focuses on fun and having a good time whilst keeping you healthy and active. A workout that is accessible across all ages, as well as all fitness abilities, from absolute beginners, through to experienced dance-fitness athletes.

### NEW CLASSES COMING SOON – STAY TUNED!

GROUP FITNESS CLASSES PRICING	1x VISIT PASS	10x VISIT PASSES
Adult	\$15.00	\$135.00
Concession	\$12.00	\$108.00
Seniors	\$7.20	\$64.90