

## Group Fitness and Aqua Class Descriptions

### All classes 1 hour duration



**Deep Aqua** is a high intensity no-impact program with a great cardiovascular workout using a buoyancy belt in deep water. Exercises help to advance cardio, strength, flexibility and the range of motion but are very easy on joints. Working out is conducted in a cool and relaxing atmosphere and is one of the most effective therapeutic activities! Water confidence is required to receive the full benefit from this class.

**Gentle Shallow Aqua** is a low to moderate program suitable for beginners and advanced participants of all ages. It is an excellent class for those who are looking for a safe entry point back into fitness and is suitable for people with injuries and limitations. It helps to increase flexibility for older adults, particularly appealing to those with joint conditions such as arthritis or those currently undergoing physical rehabilitation. During the class participants using water resistance and equipment such as dumbbells and noodles.

**Gentle Rehabilitation Aqua** This class is run in the hydrotherapy pool in warm water, allowing exercise without putting stress on joints. This helps to manage pain and stiffness, particularly back, hip, knee, and shoulder pain, including arthritis and other chronic complex conditions. Will increase function, strength and range of movement. Will also enhance recovery and rehabilitation.

**Strength and Strong bones class** includes low impact cardio, weight training exercises and functional movements. Designed for mature population to help them in increasing bone density, coordination and balance as well as strengthening muscles and improving flexibility. Also suitable for those who are recovering from an injury, for adults with limitations. Appropriate for all ages and fitness levels!

**Circuit** training is an excellent way to improve cardiovascular fitness and muscular strength endurance, which includes 6-10 stations of resistance training exercises performed in rotation with cardio exercise and minimal rest.

**Zumba** is a fun and very enjoyable exercise routine. It is great for weight loss, tones your entire body and boosts your heart health. Zumba improves your co-ordination, helps you destress and most importantly makes you happy.

**Aqua Zumba** blends the Zumba philosophy with water resistance, which means every step is more challenging helping tone your muscles. It is a low-impact high-energy class with less impact on your joints and great fun.

**Pilates on the Ball** is a low-impact class focusing on the core muscles and flexibility. Pilates on the Ball emphasises proper postural alignment, muscle balance and endurance movements.

**Therapeutic Yoga** is combination of restorative yoga, gentle yoga, hands-on healing with gentle movements and stretches for whole body and improved breathing techniques that can aid stress management. This class is calming as well as energizing which is effectively bringing the body into balance and reducing pain and stress. During the yoga participants use unique approach to myofascial release (therapeutic massage) by using foam roller. Classes are suitable for beginners and all ages, particularly effective for those recovering from, or living with, injury or pain.

**New Body Class** is a low impact workout, utilizing light hand-held weights. Its functional strength moves help to build muscle strength, shape and stamina and train the body for performing life's daily activities with ease and ability. This class is a total body workout, and you will feel energized after.

## MEMBERSHIP PRICES: Aqua and Fitness Classes

Effective 7 December 2019

Casual Class	\$12	Single Class
10 Class Pass	\$110	No expiry date - Can attend any 10 Classes
1 week	\$35	Can attend any class & unlimited general entry in the 1 week period purchased
1 month	\$130	Can attend any class & unlimited general entry in the 1 month period purchased
3 months	\$290	Can attend any class & unlimited general entry in the 3 month period purchased
6 months	\$385	Can attend any class & unlimited general entry in the 6 month period purchased
12 months	\$480	Can attend any class & unlimited general entry in the 12 month period purchased

## TIMETABLE: Aqua and Fitness Classes as at 30<sup>th</sup> January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9.00am</b> (Gym)  New Body  Irina	<b>9.00am</b> (Gym)  Strength & Strong Bones  Irina	<b>9.00am</b> (Gym)  Pilates on the Swiss Ball  Irina	<b>9.00am</b> (Studio)  Zumba  Taty	<b>9.00am</b> (50m Pool)  Deep Aqua  Irina	<b>9.00am</b> (Studio)  Zumba  Taty	
<b>10.30am</b> (50m Pool)  Deep Aqua  Irina	<b>10.30am</b> (Gym)  Therapeutic Yoga  Irina	<b>10.30am</b> (50m Pool)  Deep Aqua  Irina	<b>10.30am</b> (Gym)  Circuit  Irina		<b>10.30am</b> (50m Pool)  Aqua Zumba  Taty	<b>10.30am</b> (50m Pool)  Deep Aqua  Irina
<b>12.15pm</b> (Indoor Pool)  Gentle Rehabilitation Aqua  Irina	<b>12.00pm</b> (25m Pool)  Gentle Shallow Aqua  Irina	<b>12.15pm</b> (Indoor Pool)  Gentle Rehabilitation Aqua  Irina	<b>12.00pm</b> (25m Pool)  Gentle Shallow Aqua  Irina	<b>12.45pm</b> (Indoor Pool)  Gentle Rehabilitation Aqua  Irina		
		<b>5.00pm</b> (Studio)  Zumba  Taty				