

GROUP FITNESS TIMETABLE

AUBURN RUTH EVERUSS
AQUATIC CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	H.I.I.T		X-TRAINING	H.I.I.T	X-TRAINING		
8:00am	X-TRAINING	GENTLE YOGA		X-TRAINING			
8:30am		AQUA FIT					
9:00am	AQUA FIT		A.B.T	AQUA FIT	A.B.T	EXPRESS	
					WOMENS ONLY*		
10:00am					WOMENS ONLY*		
11:00am			WARM AQUA		WOMENS ONLY*		EXPRESS
12:15pm					WARM AQUA	AQUA FIT	
6:00pm	ZUMBA			ZUMBA GOLD			
6:15pm	A.B.T			X-TRAINING	AQUA FIT		
7:00pm	AQUA FIT	AQUA FIT		YOGA			

*WOMENS ONLY sessions are 60 mins paid casually \$7.00/session or \$5.20 concession – no instructor in these classes.
Bookings required for all sessions at www.auburnaquaticcentre.com.au
Please bring an exercise mat for all **Health Club** and **Wellness** classes.

AQUA
Wellness
Health Club

CLASS DESCRIPTIONS

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Zumba (60 mins)	A whole body workout, high-intensity moves for an interval-style, calorie-burning dance fitness party. It combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.
Zumba Gold (60 mins)	The class introduce easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.
Yoga (60 mins)	A freestyle yoga class that holistically encompasses the many stances and forms found through Power, Hatha and Vinyasa Yoga.
Gentle Yoga (60 mins)	A class which applies a mixture of Yin and Restorative style yoga to achieve mobility, release tension, connecting breath and gain strength.
H.I.I.T (45 mins)	Full body workout, the class is a rigorous interval training sequence with high intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.
X- Training (45 mins)	This is the ultimate boredom-buster at the Health Club. It is a combination of exercises with elements of cardio, strength and flexibility training designed to develop a well-rounded athlete. You will benefit by achieving overall fitness, reduced risk of injury and weight loss!
A.B.T (45 mins)	Also known as Abs, Butts & Thighs focuses on strengthening your abs, butts and thighs. A combination of strength enhancing and muscle toning exercises to target common problem areas.
Express (30 mins)	This is a quick 30 minute class that keeps your heart pumping and with minimal rest. Express is a freestyle group fitness class that includes a variation of HIIT, Cross Training and ABT style.
AQUA Fit (45 mins)	In this class, the exercises include range of motion, strengthening, balance, coordination, water walking and low to medium aerobic work. This class is specially designed for those looking for a low-impact water exercise workout. Develop muscle tone & flexibility without harsh pounding on your joints. Everyone works at their own pace.
Warm AQUA (45 mins)	A gentle warm water class held in a hydrotherapy pool to accommodate gentle moves at a steady pace. Great for beginners with impact-free exercises focusing on improving core strength as well as balance, agility, posture and flexibility. Also suitable for those moving on from rehabilitation.

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