

GROUP FITNESS TIMETABLE

AUBURN RUTH EVERUSS
AQUATIC CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am		X TRAINING	HIIT		BOXING		
7:00am						YOGA	
8:00am	YOGA*	PILATES AQUA STRONG	AQUA ZUMBA	AQUA FIT	YOGA*	ZUMBA	
9:00am	AQUA FIT				AQUA STRONG		AQUA STRONG
9:15am		X TRAINING	H.I.I.T		A.B.T	AQUA [DEEP]	
1:00pm		AQUA [WARM]*		AQUA [WARM]*	AQUA [WARM]*	AQUA [WARM]*	
6:00pm	ZUMBA	A.B.T	BOXING	PILATES	STRETCH		
7:15pm	AQUA STRONG	AQUA FIT	YOGA	AQUA FIT			

Terms & Conditions: Warm Aqua classes are capped at 15 participants. Bookings are open two days in advanced, please contact us on 02 9749 5031 to book. Yoga classes are capped at 16 participants.

Aqua Class
Wellness
Health Club

CLASS DESCRIPTIONS

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Zumba (60mins)	A whole body workout, by mixing low-intensity and 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.
Boxing (45mins)	This is a class that works all parts of the body but also all aspects of fitness such as; cardiovascular fitness, muscle endurance, muscular strength, stamina, co-ordination and power.
H.I.I.T (45mins)	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.
Cross Training (45mins)	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!
ABT (45mins)	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.
Yoga (60mins)	A freestyle yoga class that holistically encompasses the many stances and forms found through Power, Hatha and Vinyasa Yoga.
Pilates (60mins)	A total body conditioning routine that helps build flexibility, strength and endurance in the legs, core, arms, hips and lower back.
FloatFit (30 mins)	A 30-minute, low impact class on an AquaBase. It gives you a full body workout with a mixture of high intensity to suit all abilities. It'll work out your core like crazy, but the payoff is dipping yourself in the cool refreshing water straight after!
AQUA [WARM] (45mins)	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.
AQUA [FIT] (45mins)	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
AQUA [STRONG] (45mins)	Churn up the white water in this challenging, yet fun shallow water workout. Cardio, strength, flexibility - this class has it all. Maximize your training efforts against the resisted properties of the water and enjoy an exercise session that lessens the impact on your joints.
AQUA [DEEP] (45 mins)	An Advanced Aqua Fit, this class targets your core, tone your total body and enjoy a unique fitness experience. A mid-section floatation belt is provided and must be worn in this class.