



# Health and Recreation Centre

## Autumn and Winter class timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:00 AM</b>	<b>HIIT</b> 30 MINS	<b>YOGA</b> 55 MINS	<b>SWEET LOW</b> 30 MINS	<b>BOOTCAMP</b> 30 MINS	<b>YOGA</b> 55 MINS
<b>7:30 AM</b>	<b>CORE &amp; MORE</b> 30 MINS		<b>RECOVERY HUB</b> 30 MINS	<b>CORE &amp; MORE</b> 30 MINS	
<b>12:15 PM</b>	<b>DEFINITION</b> 45 MINS <b>SWEET LOW</b> 30 MINS	<b>SPIN</b> 30 MINS <b>HIIT</b> 30 MINS	<b>BOOTCAMP</b> 45 MINS <b>CORE &amp; MORE</b> 30 MINS	<b>SPIN</b> 30 MINS <b>BODY BLITZ</b> 30 MINS	<b>DEFINITION</b> 45 MINS <b>RUN21</b> 45 MINS
<b>1:15 PM</b>	<b>BOXING</b> 30 MINS	<b>BODY BLITZ</b> 30 MINS	<b>BOXING</b> 30 MINS	<b>SWEET LOW</b> 30 MINS	<b>BOOTCAMP</b> 30 MINS
<b>5:15 PM</b>	<b>YOGA</b> 55 MINS <b>AQUAFIT</b> 45 MINS	<b>PILATES</b> 45 MINS	<b>SPIN</b> 30 MINS	<b>HIIT</b> 30 MINS	<b>PILATES</b> 45 MINS



# Class information

Bookings are essential! Book by calling us on **6277 5310**. You can book the day prior to the class or on the day if there is availability. Please call and cancel if you need to, as we often have waiting lists for classes.

We have a five minute late policy. You need a proper warm up to exercise safely and get the most out of your class. If you arrive more than five minutes after your class has started, you won't be able to attend that class. We are happy to book you into the next available class instead.

Please remember to bring a drink bottle. Towels are available at reception.

Class	Time	Description
Aqua Fit	45 mins	Low-impact class designed to suit all fitness levels. Class may use a variety of pool equipment.
Body Blitz	30 mins	A high repetition resistance training class that promotes strength, muscle tone and fat burning. Working with barbells, weights and/or bands.
Bootcamp*	30-45 mins	A fun indoor or outdoor group class, combining both strength and cardiovascular aspects.
Boxing	30 mins	A fitness class that improves cardiovascular fitness and hand eye coordination.
Core & More	30 mins	A class targeting the mid-section of the body.
Definition	45 mins	High repetition resistance training class that promotes strength, muscle tone and fat burning. Working with barbells, weights and/or bands.
HIIT	30 mins	High Intensity Interval (Conditioning) Training is a class combining HIIT strength and HIIT cardio training.
Pilates	45 mins	Pilates-based exercise emphasising the balanced development of the body through core strength, flexibility and awareness to support efficient movement.
Recovery Hub	45 mins	A targeted recovery session assisting with injury prevention.
Run21	45 mins	Run21 is for anyone that wants to improve their running ability. An outdoor running session focussing on improving aerobic fitness, speed and endurance. Suitable for all fitness levels.
SPIN	30 mins	A high intensity indoor cycling class that burns calories, increases endurance and focuses on lower body strength.
Sweet Low	30 mins	A low-impact easy to follow class focusing on functional movement.
Yoga	55 mins	Yoga is a form of exercise that uses slow movements and stretching. Great for increasing flexibility and balance. Relieve stress and relax the mind and body.

\*12:15pm Wednesday Bootcamp is outdoors and runs if weather permits.