

### **Abs**

Our abs classes are a great way to tone up the troublesome abdominal region! The class consist of specific moves, sequences and routines put together to give you a great abdominal workout. Even if you have never been to a class before and simply want to tone up this class is a fun alternative to the gym and is suitable for all ages and abilities.

### **Box**

Boxercise is a form of fitness training that involves boxing concepts, like Punching, skipping, ducking, Weaving, Combinations, Speed, Agility, Endurance, Power, Balance and because of our great trainers it's SAFE. It's non-contact in that when working in pairs, the puncher is aiming for pads held by the pad-holder. Not their face. Classes typically use the 8 punches (jab, cross, head hooks, body hooks, and uppercuts) in combination with other exercises to maintain a constant workout.

### **Circuits**

Circuit training is a combination of fast, dynamic and varied resistance exercises designed to be easy to follow. It eliminates fat, builds muscle and encourages cardio fitness. A typical circuit training routine focusses on different parts of the body, including the: upper body, core & lower body. In any typical circuit training workout, expect to do press ups, bench dips, sit-ups, burpees and even skipping.

### **Insanity**

Insanity is a total body workout that requires no gym or equipment. You exercise using your own body weight for resistance. The program is based on a fitness method called "max interval training." In traditional interval training, you exercise at a very intense pace for a short period of time, and then rest for longer periods in between. The idea is to increase your aerobic fitness level while burning fat. Max interval training has you work as hard as you can for longer intervals, with shorter periods of rest in between. Exercising at this extreme intensity level will help you burn up to 1,000 calories an hour.

### **Kettlebells**

The dynamic nature of the kettlebell will give you an All-in-one workout of a lifetime, combining both strength and cardio aspect. The kettlebell's unique shape (the handle, the bulk of the weight massed into a dense ball) is obviously different than that of a dumbbell. This shape allows the body to perform a multitude of ballistic and grind exercises in a natural, fluid motion.

### **Legs, Bums & Tums**

Get a firmer bum, tum and leaner legs by attending our 'Legs, Bums & Tums' workouts. The class is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.

### **Spin**

Spinning is a specific format of indoor cycling. Spinning is a cardio workout set to music and led by a certified instructor. Most classes last between 40 and 60 minutes. Spinning is great for people who want a motivating workout that they can control at their own pace. Even if you're not into choreography-based fitness classes, you can still enjoy Spinning because it involves neither rhythm nor complex moves. It's low-impact, so it's very suitable for people who want to balance out higher-impact exercises (like running) or for people who have some joint problems.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7.15am- 8.00am Circuits	7.15am – 7.45am Abs	7.15am-8.00am Boxercise	7.15am-8.00am Insanity		
					9.00am – 9.45am Spin	
	10am- 10.45am Aqua Aerobics			10am- 10.45am Aqua Aerobics		
	4.15pm – 4.50pm Swim Groups		4.15pm – 4.50pm Swim Groups			
	5pm – 5.35pm Swim Groups		5pm – 5.35pm Swim Groups			
	5.45pm – 6.20pm Swim Groups		5.45pm – 6.20pm Swim Groups			
5.30pm – 6.15pm Circuits	5.30pm- 6.15pm Insanity	5.30pm-6.15pm Boxercise	5.30pm – 6.15pm Kettlebells			
6.20pm – 7.05pm Boxercise	6.20pm-6.50pm Abs	6.30pm – 7.15pm Legs Bums & Tums	6.20pm – 6.50pm Abs			
	7.00pm -7.45pm Kettlebells	7.30pm – 8.15pm Spin				

*Group Swimming Lessons for Children are at an additional cost  
1:1 swimming lessons are available – Please enquire at reception for more details.*

