



# Group Fitness & Aqua Class Time Table.



## Opening Hours

Monday to Friday: 6am -8:30pm

Saturday: 8am – 5pm

Sunday: 1pm – 5pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am		<b>SPINNING</b> 	Deep Water Running		<b>SPINNING</b> 	
8:00am						<b>SPINNING</b> 
9:30am		<b>PILATES</b>	<b>BALANCE</b>	<b>BALANCE</b>		
10:00am		<b>Aqua Movers</b>		<b>Aqua Movers</b>		
11:00 am	<b>Active Adults</b>		<b>Active Adults</b>			
6:00pm	<b>Aqua Movers</b>		<b>Aqua Movers</b>		<b>Aqua Movers</b>	
6:15pm	<b>PILATES</b>		<b>SPINNING</b> 			

Note: The pool closes 15 minutes before the Centre closing time

**Les Mills BodyPump:** A full body weights workout. This class is suitable for anyone looking to get toned and fit, fast.

**BALANCE:** This is a yoga based class that will improve your mind, your body and life. This class will strengthen your entire body and leave you feeling calm and centred.

**Aqua Movers:** Getting into the water is a fantastic way to exercise. These classes are accessible for all fitness levels with water-based exercise placing less stress on your joints.

**Deep Water Running:** An advanced, yet highly effective form of cardio exercise. It involves brief periods of high energy exercise followed by a brief recovery period. The pool allows you to work at a higher intensity with less impact on your body. It creates resistance in all directions and provides a cardio overload.

**Spinning:** Indoor cycling class set to the rhythm of motivating music. Burn calories get fit fast.

**Active Adults:** A great class for those who want to stay active and healthy, suitable for all ages.

**Pilates:** Learn the fundamentals and proper technique of pilates mat focusing on body connection, breathing, alignment and awareness.

**Class Notes:**

- Please bring a sweat towel & drink bottle. Return equipment after use
- Late entry to class more than 5 minutes after commencement is not permitted.
- Please see an instructor prior to class, if you have any health, injury or experience concerns.
- Classes and pricing subject to change or cancellation, without notice.

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