

# STAFFED HOURS

**Monday to Friday 7:00am to 9:00pm**  
**Saturday & Sunday 8:00am to 6:00pm**

# CHILDMINDING HOURS

**Monday, Tuesday & Friday 9:00am to 12:00pm**  
**Saturday 8:30am to 11:30am**

# CLASS DESCRIPTIONS

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**CYCLE CROSS** – A mix of group cycling with elements of an xtreme class

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**AERO CYCLE**-The best bits of an aero circuit mixed with the best of group cycling

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**BOOT CAMP** –A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. Designed to change weekly and may involve some outdoor work.

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**CORE STRENGTHENING** - Focuses on exercises to strengthen the abdominal muscles.

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**AERO CIRCUIT** - Held in aerobic room, uses stations & moves, not machines, to give a great aerobic workout. Some step, running & jumping may be involved

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**BODY SHAPING** –. A great all over toning workout focusing on light weights & repetition, with individual instructors extra special touches like extra cardio or ABS workout. A must do

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**BOXING** - Using boxing gloves, mitts and boxing techniques you will get a great cardio workout, as well as improved reflexes and an increased metabolic rate. We supply the gloves and mitts, you just need your own cotton inners (available at reception)

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**FITBOX** - Using boxing techniques in conjunction with military style training to get an intense aerobic workout. Using gloves & mits. Simple to follow but by no means easy! For the regular exerciser

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**CARDIO BOX**- A new class based on boxing training routines .There is no contact at all in this class. The class comprises of boxing combinations combined with cardio training including skipping, running and abs workouts. A class designed to increase agility, fitness, coordination and burn calories. A fun class for all fitness levels

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**GROUP CYCLING** – The fastest way to burn calories and increase fitness. The instructor takes the class on a cycle through different terrains. Ideal for beginners, as you are in control of the bike's resistance level. Bookings are essential- 1hr prior to the class starting. Virtual classes are available at any time upon request at reception

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**PILATES** - Aims to develop the body's "Centre" in order to create a stable core for all types of movement. Increases flexibility, posture & reduces risk of back injury.

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**PILATES BALL** – A Pilates class utilizing the Swiss Ball to increase core stability, flexibility & decrease back injuries.

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**STEP** – A great workout to burn calories and increase fitness using a 'Step'. Some level of complexity and choreography involved.

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**FATBURNER** – A low impact class with medium level choreography for the regular exerciser. Increases fitness & burns calories

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**YOGA** – Increases flexibility & strength, both inner and outer, and can aid in stress management. Based on the broad teachings of Hatha Yoga. You should bring a mat or a towel to class.

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**ZUMBA** - Hypnotic Latin rhythms and easy-to-follow moves creating routines that feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat

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