








# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 + 7:30AM		<b>HIIT</b> GROUP FITNESS - COACH V	<b>GYM CIRCUIT</b> GROUP FITNESS - COACH V		
8:00AM		 <b>AQUA</b> INDOOR POOL - CHRIS K	 <b>AQUA</b> INDOOR POOL - AMMANY		
9:30AM	<b>GYM CIRCUIT</b> GYM FLOOR - PATRICK	<b>GYM CIRCUIT</b> GYM FLOOR - COACH V	<b>GYM CIRCUIT</b> GYM FLOOR - COACH V		 <b>AQUA</b> INDOOR POOL - AMMANY
10:00AM	<b>HIIT</b> GROUP FITNESS - PATRICK	<b>BOOTCAMP</b> GROUP FITNESS - COACH V	<b>BOOTCAMP</b> GROUP EXERCISE - COACH V	<b>BOXFIT</b> GROUP FITNESS - EVAN	
10:30AM	<b>STRETCH</b> GROUP FITNESS - PATRICK	<b>STRETCH</b> GROUP FITNESS - COACH V	<b>STRETCH</b> GROUP FITNESS - COACH V	<b>STRETCH</b> GROUP FITNESS - EVAN	<b>GYM CIRCUIT</b> GYM FLOOR - COACH V
11:00AM				 <b>AQUA</b> OUTDOOR POOL - CHRIS	<b>STRETCH</b> GROUP FITNESS - COACH V
5:30PM			<b>FUNCTIONAL</b> GROUP FITNESS - SAMUEL		<b>4:30PM</b> <b>TEEN ACTIVE</b>
6:00PM	<b>GYM CIRCUIT</b> GYM FLOOR - ABDULLAH	<b>PILATES</b> GROUP FITNESS - ROSANA	<b>GYM CIRCUIT</b> GYM FLOOR - SAMUEL		<b>GYM CIRCUIT</b> GYM FLOOR - ABDULLAH
6:30PM	<b>HIIT</b> GROUP FITNESS - ABDULLAH				<b>HIIT</b> GROUP FITNESS - ABDULLAH
7:15PM	 <b>AQUA</b> INDOOR POOL - JEANNIE		 <b>7:30PM AQUA</b> INDOOR: JEANNIE/CARMEL	<b>PILATES</b> GROUP FITNESS - ROSANA	

# CLASS DESCRIPTION

<b>HIIT</b>	Give one hundred percent effort through quick, intense bursts of exercise, followed by short recovery periods. HIIT 30 will keep your heart rate up and help you burn more fat in less time. <b>(30mins)</b>
<b>BOXFIT</b>	A fun, boxing style fitness class aimed to improve conditioning of the joints, cardiovascular endurance & hand and eye coordination. Suitable for beginners, over 50s and rehab clients. <b>(45mins)</b>
<b>GYM CIRCUIT</b>	Gym Circuit involves gym machines for a high volume, low resistance workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness. <b>(30 mins)</b>
<b>STRETCH</b>	Stretch is a quick and low impact class to promote coordination, stability and flexibility. Stretch exercises aim to develop the flexibility and range of motion within the muscles and joints. A great cooldown class to sooth the muscles. Suitable for all fitness levels. <b>(20mins)</b>
 <b>AQUA</b>	Work out in a safe and extremely low impact environment. The water provides cushioning for the joints to allow full body movement. Great for improving cardio, strength, flexibility, posture and core strength. Suitable for all fitness levels. <b>(45 Mins)</b>
<b>PILATES</b>	Pilates is a low impact way to promotes strength, stability and flexibility. Pilates exercises aim to develop the body through muscular effort that stems from the core, using items like yoga mats, resistance bands and blocks. <b>(55mins)</b>
<b>FUNCTIONAL</b>	A non-impact class designed to work all the major muscles groups of your body, using adjustable weighted exercises. This is a great full body workout that involves building muscular endurance and overall fitness <b>(30mins)</b>
<b>BOOTCAMP</b>	Challenge yourself with our functional Bootcamp classes. It is a full body workout on the grass area or Group Exercise room that includes cardio, body weight movements & agility to increase fitness and weight loss. <b>(30mins)</b>

Spots are based on first come first served basis.

Please check in with reception when arriving to ensure your spot in the class. [www.wendenpool.com.au](http://www.wendenpool.com.au) (02) 9607 6598