

# SPA TIMETABLE

Summer 2022

DAY	TIME	CLASS	STUDIO
MONDAY	7.15am - 7.45am	Morning 30	Upper
	9.30am - 10am	Spin 30	Lower
	10.15am - 10.45am	TRX & Tone	Lower
	10.30am - 11.30am	Pilates	Upper
	6pm - 6.45pm	Power Pump	Upper
TUESDAY	9.30am - 10am	HIIT	Upper
	10.10am - 10.50am	Strength & Stretch	Upper
	6pm - 6.45pm	Metcon	Lower
	6.45pm - 7.30pm	Hatha Yoga	Upper
WEDNESDAY	9.30am - 10.15am	Total Body Conditiong	Lower
	11am - 11.45am	Take It Easy	Upper
	6pm - 6.30pm	Stability Ball	Upper
	6.30pm - 7.15pm	Spin 45	Lower
THURSDAY	9.30am - 10.15am	Zumba	Upper
	10.25am - 10.55am	Core Conditioning	Upper
	6pm - 6.25pm	Fit and Functional	Upper
	6.30pm - 7.15pm	Circuits	Lower
FRIDAY	7.15am - 7.45am	Bootcamp Riser	Upper
	9.30am - 10.15am	Spin 45	Lower
	10.30am - 11.15am	Pilates	Upper
SATURDAY	9.15am - 9.45am	Fit & Functional	Upper
	10am - 11.30am	Ashtanga Yoga	Upper
	10am - 10.45am	HIIT	Lower
SUNDAY	10am - 11am	Hatha Yoga	Upper
	11am - 11.45am	Spin 45	Lower
	2pm - 3pm	Walking Group**	Outside





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Please arrive on time for your class. Not only is the warm up and initial instruction crucial for your health and safety, but late arrival will cause unnecessary disruption to the class. Should you arrive late, it is at the instructors discretion to whether they allow you to enter and participate.

**\*\*** Walking group will be taken outdoors, weather permitting at the instructors discretion. The walking group must be booked in advance, with a minimum of 3 participants.



# CLASS DESCRIPTIONS

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**Aqua** - Swimming typically in waist deep or deeper water. Aqua is the performance of aerobic exercise in water such as in a swimming pool.

**Ashtanga Yoga** - Known as one of the more strenuous types of yoga, this ancient practice has been challenging yogis for decades. Developed by the late Pattabhi Jois, Ashtanga is a vigorous style of yoga that incorporates set sequences or series of postures where the breath is linked with movement.

**Bootcamp Riser** - Designed to wake you up have you ready for the day. Your instructor will take you through a range of fast paced high energy exercises using weights, body weight and plyometric exercises.

**Circuits** - Classes are typically an interval-style, fast paced, shorter routine that does exactly as its name implies – a series of exercises that complete a circuit. Normally in this class setting, you complete one exercise (usually in a station) for anywhere from 30 seconds to a minute, and then move on to the next station/exercise for another 30 seconds to a minute, typically with a brief break in the routine once you complete one full circuit.

**Core Conditioning** - This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

**Fit & Functional** - Mobility and stretching class designed to keep your flexibility and mobility in tip top shape.

**Hatha Yoga** - Hatha yoga is practiced at a slower pace, with focus on the breath, controlled movements, and stretching.

**HIIT** - High Intensity Interval Training is a term for workouts that involve short periods of intense exercise alternated with recovery periods.

**Metcon** - Short for metabolic conditioning, metcon describes a type of workout that most commonly combines strength and cardio conditioning, as well as both anaerobic and aerobic exercises. During a metcon workout, you moderately to intensely exert yourself for a prolonged amount of time.

**Pilates** - Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

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**Power Pump** - Pump is a resistance workout that uses a barbell with light weights and high reps.

**Spin 30** - In spin class, you pedal along on a stationary bike as the instructor guides you through a visualization of an outdoor workout. Spin 30 is a short sharp version of spin. This a good class to try if you have never done a spin class before.

**Spin 45** - In spin class, you pedal along on a stationary bike as the instructor guides you through a visualization of an outdoor workout. Spin 30 is a short sharp version of spin.

**Stability Ball** - In a nutshell, because it's a ball it's an unstable surface which forces you to work harder to stay balanced. As a result, your abs, glutes, shoulders, hips and thighs get a great workout.

**Strength & Stretch** - Each week we will focus on different areas from Shoulders, Glutes, back, legs or Abs then we will get rid of muscle tightness with the use of foam rollers to release muscle tension, then stretch it out.

**Total Body Conditioning** - Total Body Conditioning (TBC) is a multi-level full body workout that targets all of the major muscle groups.

**TRX & TONE** - TRX is a form of suspension training that uses body weight exercises, balance, to develop strength flexibility and core stability simultaneously.

**Walking Group** - Getting out to the great outdoors your instructor will take you on a fast paced power walk around the beautiful Coast. Refreshing and energising.

**Zumba** - Zumba is an aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.