

Group Fitness

Timetable*
Jul–Sep 2010



	M	T	W	T	F	S
6:15					Spin	
8:00	Yoga				Yoga	
9:00				Swim	Swim	Swim
9:15				Impact		
9:30	Yoga				Yoga	Tabata
10:00	A.Aerob.					
11:00					Zumba	
4:00	Swim	Swim	Swim		Tennis	
5:30				Zumba		
6:15		Zumba				
6:30			A.Aerob.			
6:45			Yoga			
7:00	Spin	Impact		Tabata		

Classes: **Active Impact:** Routines based on boxing movements.
Aqua Aerobics: Water workout, very gentle on joints.
Spin: Interval cycles simulating sprints & uphill ascents.
Tabata: Circuit of 30 sec. stations to improve cardio fitness.
Yoga: Balance and body postures that enhance flexibility.
Zumba: Join the party workout.

Colour code:

Relaxation Flexibility Skills Cardio Strength

*Please note: Changes in schedule may occur without prior notice