



# Group Fitness Timetable

Play Life Better

SkillX | Reformer Pilates | Yoga  
Meditation | Aqua Aerobics



### Gym Floor

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	SkillX	SkillX	SkillX	SkillX	SkillX		
8:15am						SkillX	
9:15am	SkillX	SkillX	SkillX	SkillX	SkillX	SkillX	
6:00pm	SkillX	SkillX	SkillX	SkillX	SkillX		

### Reformer Pilates Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Reformer		Reformer	Reformer	Reformer		
7:15am	Reformer	Reformer			Reformer		
8:15am						Reformer	Reformer
9:15am						Reformer	Reformer
9:30am	Reformer	Reformer		Reformer	Reformer		
5:30pm	Reformer	Reformer	Reformer	Reformer			
6:30pm	Reformer	Reformer	Reformer	Reformer			
7:30pm		Reformer	Reformer				

### Wellness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Vinyasa Yoga	Mat Pilates			Vinyasa Yoga		
7:15am			Mat Pilates	Mat Pilates			
8:30am						Slow Flow Yoga	Tai Chi
9:15am					Vinyasa Yoga		
5:00pm			Meditation				
6:00pm	Slow Flow Yoga	Meditation	Yoga	Yoga			
7:00pm			Tai Chi				

### Aqua

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics				
9:15am			Aqua Aerobics		Aqua Aerobics		
11:00am		Aqua Yoga					
12:15pm	Aqua Yoga						
6:00pm				Aqua Aerobics			

 = class held in hydrotherapy pool

### SkillIX | Speed

Designed to increase your ability to complete exercise and athletic tasks in the shortest time possible. The class includes fast movements and cardio equipment helping you move faster.

### SkillIX | Power

Designed to focus on increasing your acceleration in the initial phase of movement off a mark. This will involve some cardio equipment and weights to enhance your muscle movements.

### SkillIX | Agility

Designed to improve your neuromuscular efficiency and coordination. It uses a combination of balance, coordination, speed and reflexes to move quickly and efficiently.

### SkillIX | Stamina

Designed to focus on your ability to maintain an output of energy and power for prolonged periods of time.

\*All SkillIX classes are run on the gym floor and are HIIT focused.

## Reformer Pilates

A resistance-based, full body workout targeting a range of different muscle groups. Our hour-based classes aim to challenge you and enhance your overall balance, strength, coordination and flexibility.

## Vinyasa Yoga

A physical, mental and spiritual practise aiming to control the mind, body and breath. It is a system designed to create a clearer mind, internal peacefulness and balance. Our Vinyasa Yoga class runs for one hour and is a creative form of yoga where poses are linked together with the breath in a flowing sequence.

## Slow Flow Yoga

Slow Flow Yoga is a wonderfully gentle way of doing yoga postures with deliberation and calm. The pace of a flow class is meditative and focuses on peace and serenity in the mind and your body awareness. Poses are held longer, breathing very intentional, and transitions flow.

## Yin Yoga

Our Yin Yoga classes target the connective tissues, bones and joints in the body that aren't normally used in traditional exercises or yoga. Yin yoga focuses on balance and actively stretching your muscles over a period of time.

## Meditation

Meditation is a practice used to teach and develop mindfulness and other qualities such as calmness and insight. During our meditation classes you are encouraged to anchor your focus to the present through the use of various techniques such as breathing, body movements and visualisation.

## Tai Chi

A Chinese martial art that involves slow, flowing movements and deep breathing. It is often described as a moving meditation, and is believed to help improve balance, flexibility, & overall physical and mental health.

## Aqua Aerobics

Aqua Aerobics offers you a quality workout using the resistance of the water and helping to eliminate the risk of aggravation or injury. Our classes help increase your strength, flexibility and overall health and can be tailored to suit your level and needs.

## Aqua Yoga

A type of yoga that is performed in a pool. The water provides additional resistance, which can make the poses more challenging, but also helps to support the body and reduce the risk of injury.