



# Group Fitness Timetable

Play Life Better

SkillIX | 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		
6:00pm	SkillX	Strength & Technique	SkillX	Strength & Technique			

## Reformer Pilates Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Reformer	Reformer	Reformer	Reformer	Reformer		
7:15am	Reformer	Reformer	Reformer	Reformer	Reformer		
8:15am						Reformer	Reformer
8:30am				Reformer			
9:00am			Reformer				
9:15am	Reformer				Reformer	Reformer	Reformer
9:30am		Reformer		Reformer			
10:15am	Reformer				Reformer		
10:45am		Reformer					
5:30pm	Reformer		Reformer	Reformer			
6:30pm	Reformer	Reformer	Reformer	Reformer			
7:30pm		Reformer					

## Studio One

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15am					Slow Flow Yoga		
8:30am							Tai Chi
9:15am					Yoga		
9:45am		Mat Pilates					
10:45am				Mat Pilates			
5:00pm			Yoga				
6:00pm			Meditation				
7:00pm	Slow Flow Yoga	Meditation	Qi Gong				

## Aqua

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15am	Aqua Aerobics	Aqua Aerobics					
8:15am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics		
9:15am			Aqua Aerobics		Aqua Aerobics		
11:00am	Aqua Yoga	Aqua Yoga					
12:00pm	Aqua Yoga			Aqua Yoga			
12:00pm				Aqua Aerobics	Aqua Zumba		
5:00pm			Aqua Yoga				

## SkillX

Gym floor classes that are instructor led to ensure exercise is performed in a safe but fun/motivating manner with a mix of cardio/strength focused exercises. Suitable for all fitness levels and classes can be adapted for injury.

## Mat Pilates

Mat Pilates is a low-impact exercise focusing on core strength, flexibility, and alignment using body weight and minimal equipment, performed on a mat with controlled, precise movements.

## 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.

## Qi Gong

Qigong is a traditional Chinese practice combining gentle movements, breath control, and meditation to enhance physical and mental well-being, balance energy (qi), and promote relaxation and healing.

## 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.

## 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.

## 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

Completed in the hydrotherapy Pool, postures and breathing techniques that allow for increased flexibility, building strength and balance, reducing joint pressure and bone stress with the buoyancy of the water, increasing postural control and core strength, along with decreasing stress and anxiety.