

## 3 September – 9 December 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
								8:30 to 9:15am	PrYme Aqua	7.30 to 8.30am	<b>LES MILLS BODYPUMP</b>
8:30 to 9:15am	PrYme Aqua	9:30 to 10:30am	Pilates	8:30 to 9:15am	PrYme Aqua	8:30 to 9:15am	Aqua Drums Vibes	9:30 to 10:15am	Aqua Fit		
9:30 to 10:15am	Aqua Drums Vibes	9:30 to 10:15am	Aqua Basic	9:30 to 10:15am	Aqua Basic			10:30 to 11:30am	Pilates		
10:30 to 11:30am	PrYme Active (Stadium)	11:00am to 12:00pm	PrYme Easy			12:00 to 12:45pm	PrYme Mind and Body	10:30 to 11:30am	PrYme Active (Stadium)		
5:30 to 6:30pm	Pilates	5:45 to 6:15pm	MetaFit	5:30 to 6:25pm	<b>LES MILLS BODYPUMP</b>	5:45 to 6:30pm	Spin	5:30pm to 6:30pm	Yoga		
6:35 to 7:30pm	<b>LES MILLS BODYPUMP</b>	5:45 to 6:30pm	Aqua Bootcamp	5:45 to 6:30pm	Aqua Drums Vibes	6:30 to 7:00pm	Circuit RX				
		6:25 to 7:10pm	Spin	6:30 to 7:00pm	Core Blast						

Based on class attendance numbers, this timetable may be changed periodically.

**Aqua Basic** – Suitable for all ages and fitness levels with classes designed to improve cardiovascular fitness, muscular endurance and strength through water based exercise.

**Aqua Fit** – A high energy water based workout providing a fun way to increase muscular strength and endurance with great results.

**PrYme Aqua** – Held in our Hydrotherapy Pool, this class aims to improve general fitness and wellbeing. This class is ideal for anyone new to Aqua Aerobics, PrYme Movers members or someone recovering from injury.

**Aqua Bootcamp** – Attention! A high intensity water based class designed for participants who like to challenge themselves.

**Aqua Drums Vibes** – A unique aqua fitness program that combines drum rhythms, lots of fun and a totally new approach to water training. Play drums in the water! Every move you make will be even more effective! Limited to 20 people per class. First in, best dressed.



Please note: Aquatic Memberships DO NOT include group fitness classes.

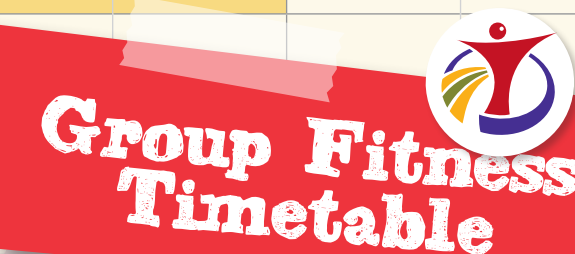
**Les Mills BODYPUMP** – The most popular barbell class in the world! A weights class for absolutely everyone. Using light to moderate weights, lots of repetitions (reps) and great music, BODYPUMP gives you a total body workout that burns lots of calories. BODYPUMP will make you lean, toned and strong!

**Circuit Rx** – A 30 min high intensity circuit style workout utilising the latest in High Intensity Interval Training (HIIT) techniques to get the results you want fast. Using functional movements and some resistance equipment Circuit Rx is fat burning, fitness building class that will challenge your entire body.

**MetaFit** – This class combines traditional bodyweight exercises with the latest HIIT Techniques to strengthen muscles, burn calories and increase metabolism in a high intensity 30 minute class.

**Core Blast** – A class designed to focus on your body's foundation – your core. Create stability, mobility, strength and power in the core muscles and move like never before in just 30 minutes.

**Spin** – An indoor cycling class that offers a moderate to high intensity workout over 45 minutes. Interval based training takes you through sprints, hills and mountains to help improve cardiovascular and muscular endurance.



## Group Fitness Timetable

**Pilates** – A low intensity class that aims to strengthen the 'core' muscles (abdominals, lower back, hips, and glutes) as well as improving physical coordination and balance.

**PrYme Active** – Classes are designed for adults 50 and over who like to maintain an active lifestyle and are looking for a fun, social experience as well as a good workout. The focus is games and other fun physical activities designed to increase fitness, coordination and balance. This class is all about experiencing the joy of movement through games and sport.

**PrYme Easy** – A class designed for people 50 and over looking to stay active and mobile with gentle exercises in a welcoming social environment. The class combines aerobic and resistance training to help maintain overall fitness while having a great time with upbeat music and good company.

**Yoga** – Relax and unwind with 60 minutes of mindfulness, gentle stretching and exercise. A fusion of several different Yoga styles to centre your mind and body, suitable for new comers and experienced yogis.

Timetable subject to change at any time at WIRAC's discretion.