

# September 4th – December 10th 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 to 6:45am <b>LES MILLS BODYPUMP</b>					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 PrYme Aqua	8:35 to 9:35am Step
9:30 to 10:15am Aqua Fit	9:30 to 10:15am Aqua Basic	9:30 to 10:15am Aqua Basic		9:30 to 10:15am Aqua Fit	
10:30 to 11:30am PrYme Active (Stadium)	11:00 to 12:00pm PrYme Easy	11:00 to 12:00pm PrYme Easy	12 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>	5:30 to 6:15pm Aqua Fit	5:30 to 6:15pm Aqua Fit	6:35 to 7:05pm Box Fit		

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.

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!

**Box Fit** – A 60 minute full body workout that uses boxing and kickboxing elements to condition and tone the entire body. Classes typically begin with some technique work followed by an awesome high intensity workout then some stretches and a cool down to finish. Suitable for all fitness levels and a great way to relieve stress. Box Fit will have you punching your way to a healthy mind and body.

**ABT (Abs, Butt & Thighs)** – The name says it all. A class that strengthens, tones and shapes the stomach, butt and legs with a crazy burn like never before!

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

**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.

**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



**Step** – An aerobics based class using an elevated platform with a mixture of classic aerobic and athletic movements backed up by fun, upbeat music. This class is designed to give you a full body cardio workout suitable for new comers and veterans alike.

**PrYme Active** – Classes are designed for adults 60 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 60 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.

**PrYme Mind and Body** – A gentle mix of Tai Chi, Qigong, yoga and pilates for over 60's.