








GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM		HIIT	HIIT		
9:30AM	HIIT	GYM CIRCUIT	GYM CIRCUIT	GYM CIRCUIT	
10:30AM	 GENTLE YOGA				GYM CIRCUIT
11:00AM		 AQUA FIT			HIIT
6:30PM	 ZUMBA®			 ZUMBA®	
7:00PM				PILATES	

Spots are based on first come first served basis.

Please check in with reception when arriving to ensure your spot in the class. www.wendenpool.com.au (02) 9607 6598

CLASS DESCRIPTION

<p>HIIT</p>	<p>Give one hundred percent effort through quick, intense bursts of exercise, followed by short recovery periods. HIIT 30 will keep your heart rate up and help you burn more fat in less time. (30mins)</p>
<p>GYM CIRCUIT</p>	<p>Gym Circuit involves gym machines for a high volume, low resistance workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness. (30 mins)</p>
	<p>“Yoga” in the Western world often denotes exercise, with poses called asanas. Our gentle yoga professionals will guide you through 3 main elements – exercise, breathing and meditation to help you connect with body, mind and spirit. (55 Mins)</p>
	<p>Work out in a safe and extremely low impact environment. The water provides cushioning for the joints to allow full body movement. Great for improving cardio, strength, flexibility, posture and core strength. Suitable for all fitness levels. (45 Mins)</p>
	<p>Ditch the workout, lose yourself in the music and join the party! Featuring Latin American dance moves and music, Zumba is sure to leave you smiling and wanting more! This cardiovascular workout is designed to burn fat and make you feel great! Suitable for all fitness levels. (55mins)</p>
<p>PILATES</p>	<p>Pilates is a low impact way to promotes strength, stability and flexibility. Pilates exercises aim to develop the body through muscular effort that stems from the core, using items like yoga mats, resistance bands and even yoga blocks. (55mins)</p>