








GROUP FITNESS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--|--|---|---|---|
| 6:30AM | | HIIT GROUP FITNESS - COACH V | GYM CIRCUIT GROUP FITNESS - COACH V | | |
| 8:00AM | |  AQUA INDOOR POOL - CHRIS K | | | |
| 9:30AM | GYM CIRCUIT GYM FLOOR - PATRICK | GYM CIRCUIT GYM FLOOR - COACH V | GYM CIRCUIT GYM FLOOR - COACH V | |  AQUA INDOOR POOL - AMMANY |
| 10:00AM | HIIT GROUP FITNESS - PATRICK | BOOTCAMP GROUP FITNESS - COACH V | BOOTCAMP GROUP EXERCISE - COACH V | | |
| 10:30AM | STRETCH GROUP FITNESS - PATRICK | STRETCH GROUP FITNESS - COACH V | STRETCH GROUP FITNESS - COACH V | | GYM CIRCUIT GYM FLOOR - COACH V |
| 11:00AM | | |  AQUA INDOOR POOL - AMMANY |  ZUMBA AQUA INDOOR POOL - JADE | STRETCH GROUP FITNESS - COACH V |
| 5:30PM | | | FUNCTIONAL GROUP FITNESS - SAMUEL | | 4:30PM TEEN ACTIVE |
| 6:00PM | GYM CIRCUIT GYM FLOOR - ABDULLAH | | GYM CIRCUIT GYM FLOOR - SAMUEL | | GYM CIRCUIT GYM FLOOR - ABDULLAH |
| 6:30PM | HIIT GROUP FITNESS - ABDULLAH | | | | HIIT GROUP FITNESS - ABDULLAH |
| 7:15PM |  AQUA INDOOR POOL - JEANNIE | |  7:30PM AQUA INDOOR: JEANNIE/CARMELA | | |

CLASS DESCRIPTION

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| HIIT | 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) |
| PILATES | 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 blocks. (55mins) |
| GYM CIRCUIT | 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) |
| STRETCH | Stretch is a quick and low impact class to promote coordination, stability and flexibility. Stretch exercises aim to develop the flexibility and range of motion within the muscles and joints. A great cooldown class to sooth the muscles. Suitable for all fitness levels. (20mins) |
|  AQUA | 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) |
| FUNCTIONAL | A non-impact class designed to work all the major muscles groups of your body, using adjustable weighted exercises. This is a great full body workout that involves building muscular endurance and overall fitness (30mins) |
| BOOTCAMP | Challenge yourself with our functional Bootcamp classes. It is a full body workout on the grass area or Group Exercise room that includes cardio, body weight movements & agility to increase fitness and weight loss. (30mins) |

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