








CHRISTMAS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM		HIIT GROUP FITNESS - COACH V	HIIT GROUP FITNESS - COACH V		
9:00AM					
9:30AM		GYM CIRCUIT GYM FLOOR - COACH V	GYM CIRCUIT GYM FLOOR - COACH V	GYM CIRCUIT GYM FLOOR - PATRICK	
10:00AM		BOOTCAMP OUTSIDE GRASS - COACH V	BOOTCAMP OUTSIDE GRASS - COACH V	HIIT GROUP FITNESS - PATRICK	GYM CIRCUIT GYM FLOOR - COACH V
10:30AM		STRETCH GROUP FITNESS - COACH V	STRETCH GROUP FITNESS - COACH V  AQUA INDOOR POOL - CLARA		STRETCH GROUP FITNESS - COACH V  AQUA INDOOR POOL - AMMANY
11:00AM		 AQUA INDOOR POOL - CHRIS K		 AQUA INDOOR POOL - CHRIS K	
5:30PM	5:00PM TEEN ACTIVE		FUNCTIONAL GROUP FITNESS - SAMUEL		4:30PM TEEN ACTIVE
6:00PM	GYM CIRCUIT GYM FLOOR - DANIEL		GYM CIRCUIT GYM FLOOR - SAMUEL		GYM CIRCUIT GYM FLOOR - ABDULLAH
6:30PM	HIIT GROUP FITNESS - DANIEL				HIIT GROUP FITNESS - ABDULLAH
7:15PM	 AQUA INDOOR POOL - JEANNIE	PILATES GROUP FITNESS - ROSANA	 AQUA INDOOR POOL - JEANNIE	PILATES GROUP FITNESS - ROSANA	



CLASS DESCRIPTION

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)
FIT CIRCUIT	A fun and low impact session with simple exercises focused on building mobility, balance, fitness, strength, and coordination. Suitable for beginners, over 50s and rehab clients. (45mins)
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)
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)
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 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