










FEBRUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM					 BARBELL
9:30AM			GYM CIRCUIT		
10:40AM		 ROLL & RELEASE		 PILATES	
5:45 PM		 PILATES			

ALL LAND BASED AND AQUA STRETCH CLASSES MUST BOOK IN!



LIMITED PLACES AVAILABLE!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM	AQUA FIT*				
9:30AM		AQUA STRETCH	AQUA FIT*	AQUA STRETCH	AQUA FIT*
10.40AM			AQUA STRETCH		
5:45PM	AQUA FIT		AQUA FIT		

***MORNING AQUA FIT CLASSES WILL BE MOVED TO LANES 1 AND 2 (RAMP SIDE) OF THE 25M POOL TO ALLOW FOR EASIER ACCESS**

Visit www.sapphireaquatic.com.au or phone us on 02 6494 3100 for more information

CLASS DESCRIPTIONS

	<p>Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight. Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!</p>
	<p><i>GET ACTIVE</i> and get more out of life! Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, weight plates, body weight, and simple athletic movements. <i>ACTIVATE YOUR LIFE</i> with Group Active!</p>
<p>ROLL & RELEASE</p>	<p>Roll and Release is a class that uses foam rollers for self-massage and stretching, using Pilates techniques in a relaxed environment, Soothing mind, muscles and body.</p>
<p>GYM CIRCUIT</p>	<p>Functional Fitness uses a range of exercises targeting big muscle groups to provide an all over body workout that will challenge you to try new things and importantly can be varied for low impact -suitable for all ages.</p>
<p>PILATES</p>	<p>Grab your exercise mat and hit the floor. This 55 minute class will help you work on flexibility, core strength balance and postural alignment. Suitable for all ages a great way to unwind while working out.</p>
<p>BARBELL</p>	<p>A new 50 minute class designed to give you a total body strength workout through a combination of bodyweight and weight based exercises.</p>
<p>AQUA FIT</p>	<p>55 minutes of Aqua Fitness in the 25m pool. This high energy class uses water and resistance equipment to get your heart rate up to ensure you get a great workout with minimal impact/strain on the body's joints.</p>
<p>AQUA STRETCH</p>	<p>55 minutes of Stretch and Mobility Exercises in the multipurpose pool (heated to 30.5 degrees). This class is focused on slow movements to stretch and lengthen the muscles in the body. Aqua Stretch is suitable for those wanting a low intensity workout, those recovering from injury or just wanting a good stretch.</p>

- **TO BOOK YOUR PLACE IN A CLASS – PLEASE CALL THE SAPPHIRE AQUATIC CENTRE OR SEE THE TEAM AT RECEPTION.**
- **EACH MONDAY, BOOKINGS FOR THE FOLLOWING WEEK OPEN UP**
- **A WAIT LIST IS IN OPERATION – IF YOU CANNOT MAKE A CLASS, PLEASE CALL AND CANCEL SO WE CAN CONTACT SOMEONE TO TAKE YOUR PLACE**



For up to date class information.