











GROUP FITNESS TIMETABLE MARCH

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

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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></p>
<p>ROLL & RELEASE</p>	<p>Roll and Release is a class that uses foam rollers for self-massage and stretching, 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 This class is focused on slow movements to stretch and lengthen the muscle in the body. Aqua Stretch is suitable for those wanting a low intensity workout, those recovering from injury or just wanting a 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

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