

CLASS DESCRIPTIONS	
STRENGTH	Blast all your muscles with this high-rep weight training workout. Strength uses an adjustable barbell, weight plates and body weight to provide you with functional movements and exercises to make you sweat
STEP	Improve your cardio, balance and flexibility with this 55 minute workout. Step is designed to get you stronger, fitter and healthier through a range of simple athletic movements and weight plate exercises.
FIT 4 ALL	This 55 minute program is taught by a certified fitness instructor and uses a range of exercises and various equipment (steps, weight plates), targeting big muscle groups, core strength, flexibility, cardio and stretching to provide an all over toning workout that is low impact and suitable for all ages
PILATES	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.
AQUA FIT	50 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.
AQUA LITE	50 minutes of Aqua Lite is held in the multipurpose pool. This class targets exercises for those who are looking for a lower impact and low to moderate intensity workout incorporating cardio, strength and mobility exercises using dumbbells and noodles to provide you with a fun and healthy workout

- * **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

