

## CLASS DESCRIPTIONS

<b>PILATES</b>	Grab your exercise mat and hit the floor. This 55 minute class while working out. will help you work on flexibility, core strength, balance and will help you work on flexibility, core strength, balance and postural alignment. Suitable for all ages a great way to unwind postural alignment. Suitable for all ages a great way to unwind while working out.
<b>AQUA FIT</b>	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.
<b>AQUA LITE</b>	50 minutes of Aqua Lite Exercises 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**

**NTRE**