GROUP FITNESS TIMETABLE

LIMITED SPACES AVAILABLE!

PLEASE BOOK IN AT RECEPTION OR CALL 6494 3100

LAND-BASED CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM - 9:50AM					 GYM FIT
10:00AM - 11:00AM	 YOGA		 PILATES FLOW		 YOGA
4:00PM - 5:00PM					
5:00PM - 6:00PM	 CIRCUIT				

POOL-BASED CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45AM - 9:30AM	AQUA FIT	AQUA FIT	AQUA FIT	AQUA LITE	AQUA FIT
10:15AM - 11:00PM			AQUA LITE		AQUA LITE
6:00PM - 6:45PM				AQUA FIT	

Each Monday bookings open for the following week.

Casual Gym & Fitness Class Prices - $18.50 per adult, $15.50 concession.
Casual Full Access (includes extra pool use) $21.00 per adult, $18.50 concession.
See reception for membership options.
Gym, Aqua Aerobics & Group Fitness Member extra pool use fee - $2
A waitlist is in operation – if you cannot make it to a class please call and cancel so we can contact someone to take your place.

GROUP FITNESS CLASSES

We aim to provide an inclusive, fun, social and diverse exercise experience for all fitness level.
Our land-based classes are 50 minutes, Aqua Aerobic is 45 minutes, Pilates and Yoga are 60 minutes.

LAND-BASED CLASSES

	**YOGA** **Incorporates yoga poses, stretching, flexibility, balance, core and postural alignment exercises.**
	**CIRCUIT** **A well-balanced class rotating through exercise stations using cardio, resistance and weight-based training techniques.**
	**PILATES FLOW** **Designed to improve balance, mobility, core and overall strength. This class consists of exercise stations using modern Pilates moves and equipment.**
	**GYM FIT** **Improve functional fitness and confidence using gym equipment for a full body workout.**

POOL-BASED CLASSES

	**AQUA FIT** **An interval-based workout focusing on cardio fitness using dumbbells and pool noodles for resistance training. Class held in 25m Pool.**
	**AQUA LITE** **A low intensity/low impact class designed to improve cardio fitness, mobility, balance and strength. Class held in Multi-Purpose Pool.**

SAPPHIRE AQUATIC CENTRE
Address: 190 Pambula Beach Road, Pambula Beach.
Phone: 6494 3100
Website: www.sapphireaquatic.com.au
Facebook: https://www.facebook.com/sapphireaquaticcentreBVSC