

SPORT, FITNESS & RECREATION CLASS TIMETABLE

Group sport, fitness and recreation classes run for one hour and are available weekly to students at the following times.

TIME	MON	TUE	WED	THUR	FRI	SAT
5:45am		SPIN		SPIN		
6:00am		PILATES				
7:00am						SPIN
7:30am					YOGA	
8:00am	MATURE & MOTIVATED	PILATES	MATURE & MOTIVATED	POWER 30	MATURE & MOTIVATED	BOXERCISE
8:15am						PILATES
8:30am	POWER 30					
9:15am	BOXERCISE	PILATES / LIFT IT	BOXERCISE	PILATES / LIFT IT	BOXERCISE	
10:30am	YOGA		YOGA			
11:30am					GROUP FITNESS	
12:30am	GROUP TENNIS LESSON	GROUP TENNIS LESSON				
6:00pm	BOXERCISE / PILATES	CARDIO FIT / TABATA	BOXERCISE	CARDIO FIT / STRONG N LEAN		

SPORT, FITNESS & RECREATION CLASSES



LIFT IT

A 45 minute all over body workout comprising of high intensity interval training and high intensity weight bearing activities.



BOXERCISE

An intense cardiovascular workout, incorporating punching bags, hand weights, body weight and abdominals exercises, with some running outside for an all over body workout. Gloves provided if required - no partner necessary.



CARDIO FIT

Takes you back to the basics - lift weights, punch bags, kick, skip, run and sprint your way to a firmer and fitter body. High impact fitness fun.



MATURE & MOTIVATED

This is a class that is aimed at the over 50's, it incorporates some light weights with cardio to keep your bones and your cardiovascular system healthy. A social atmosphere is encouraged!



PILATES

Movements are practiced with control, concentration, precision and flow. A floor based core workout which includes strengthening and stretching. This low impact class improves your core, flexibility, postural strength and balance.



PILATES BARRE

This class is the perfect blend of deep muscle toning, stretching, balancing, and cardiovascular intervals guaranteed to pump up your heart rate and burn fat! Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core strengthening of Pilates.



POWER 30

This class is a highly effective workout that combines full-body strength training with high intensity cardio bursts. No equipment is necessary for this class and modifications for all fitness levels are provided.



SPIN

An intensive and motivational group workout to music on stationary bikes. Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This is a high calorie burn class.



STRONG 'N' LEAN

An energetic 60 min class to tone your entire body, improve strength, decrease body fat and increase lean muscle. No need to be co-ordinated just a desire to have a unique fun workout.



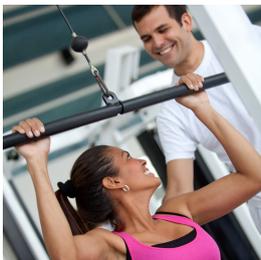
TABATA

Push yourself to your limits with 20 seconds of extreme exercise followed by 10 seconds of REST then repeated 8 times. The first three repetitions may feel easy but the last two will feel impossibly hard. These bursts of intense effort will torch tons of calories.



YOGA

A mind-body programme that develops strength, flexibility, balance, relaxation, coordination, joint stability, internal health, peace of mind, and vitality. Yoga slows the breath with movement, calms the mind, and encourages greater mental clarity.



GROUP FITNESS

Fitness sessions are led by ACE trainers in the gym or outside utilising a range of different fitness and gym equipment. They are designed to help students understand correct training techniques and help them with their own personal fitness goals



GROUP TENNIS LESSONS

Group tennis lessons are available to any level participant. Receive technical and tactical advice through a range of fun tennis games, drills and activities.