



FITNESS TIMETABLE

BEGINS SEPTEMBER 5TH 2011

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10.00am-10.45am	FITBALL	STEPMIX (45mins)	AQUA AEROBICS	CARDIOTONE	INSTRUCTOR CHOICE		
10:45-11.00am		AB-ATTACK (15MINS)		AB-ATTACK (15MINS)			
11.00-11.45am						FIT'N'TONE	HIPS/TUMS /BUMS
6.30pm-7.15pm	STEP 'N' TONE						
7.15P.M-8.00P.M	AQUA AEROBICS	CARDIOBOX & ABS	CARDIOTONE & ABS	STEPMIX & ABS	FIT'N'TONE		

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'AQUA AEROBICS'- Enjoy a water based aerobic class in our luxury pool. You'll have a whale of a time, and it won't be long till your looking and feeling great! Swim hats must be worn - Non swimmers welcome!! 'For all Fitness levels'.

'-AB-ATTACK A 15min class designed to attack those abs head on! 'For all Fitness levels'.

'INSTRUCTORS CHOICE' - This is a fantastic fun class which may consist of all the above classes in a condensed form or maybe just one. The perfect class to see what type of workout you like. 'For all fitness levels'.

'CARDIOBOX'- This High intensity workout is intended to increase your Cardiovascular Fitness, Strength, Muscular Endurance and Flexibility using boxing moves. All of this in only 45mins!!! Enjoy this exciting class that will have you feeling energetic and brand new. 'For all fitness levels'.

'CARDIOTONE'- A Class based on A High intensity workout intended to increase your Cardiovascular Fitness, Muscular endurance and core stability. 'For all fitness levels'.

'FITBALL' - *A class that uses the swiss ball to sculpt and tone the body.* 'For all Fitness levels'.

'HIPS/TUMS/BUMS' - A Class based on a body toning programme working specific area's of the body. 'For all Fitness levels'.

'FIT 'N' TONE' - This is a fantastic fun class which may consist of all the above classes in a condensed form or maybe just one. The perfect class to see what type of workout you like. "For all fitness levels'.

'STEP MIX' - A combination of step moves blended in with a complete body toning programme. 'For all Fitness levels'

