

# Albany Stadium Pool

## Autumn group fitness timetable

Starts Monday 5 March 2018

### Group Fitness: Studio

| Time   | Monday       | Tuesday      | Wednesday    | Thursday         | Friday | Time   | Saturday     |
|--------|--------------|--------------|--------------|------------------|--------|--------|--------------|
| 9.15am | YOGA VINYASA | YOGA IYENGAR | PILATES      | YOGA RESTORATIVE | BARRE  | 9.00am | YOGA VINYASA |
| 5.20pm | PILATES      | BARRE        | YOGA IYENGAR | BARRE            |        |        |              |
| 6.20pm | YOGA IYENGAR | YOGA VINYASA |              |                  |        | Time   | Sunday       |
|        |              |              |              |                  |        | 9.00am | BARRE        |

### Team Training: Studio

| Time   | Monday | Tuesday       | Wednesday     | Thursday      | Friday        | Time   | Saturday      |
|--------|--------|---------------|---------------|---------------|---------------|--------|---------------|
| 6.00am | BOXFIT | FAST30 CARDIO | FAST30 STRONG | FAST30 CARDIO | BOXFIT        | 8.00am | FAST30 STRONG |
| 5.20pm |        |               |               |               | FAST30 STRONG |        |               |
| 6.20pm |        |               | FAST30 XPLODE | BOXFIT        |               |        |               |
| 7.20pm | BOXFIT | FAST30 STRONG | BOXFIT        | FAST30 CARDIO |               |        |               |

### Aqua: Pool

| Time   | Monday    | Tuesday   | Wednesday | Thursday  | Friday    |
|--------|-----------|-----------|-----------|-----------|-----------|
| 9.20am | AQUA DEEP | AQUA DEEP | AQUA DEEP | AQUA DEEP | AQUA DEEP |
| 7.00pm | AQUA DEEP |           | AQUA DEEP |           |           |

## CLASS DESCRIPTIONS

### **AQUA DEEP (60mins)**

Jump in the deep end! Aqua Deep is held in a deep pool, using buoyancy belts to give you a weightless workout that strengthens and conditions while being gentle on the joints.

### **BARRE (60mins)**

A total body workout that strengthens and tones the body, with an emphasis on control, stability and alignment

### **BOXFIT (60min)**

Workouts with emphasis on improving boxing technique and boxing style training (High Intensity Training). Pads are supplied for members and gloves are available to borrow, although your own gloves are advised and boxing wraps are a requirement for protection and hygiene reasons.

### **PILATES (60min)**

Focus on your core with the core principles of Pilates! The eight principles of the Pilates technique – concentration, breath, centring, control, precision, movement isolation and routine are brought together to give you a low impact workout that strengthens like nothing else.

### **YOGA VINYASA FLOW (60min)**

A dynamic sequence of poses integrated with the breath. A flowing practice creating heat in the body; each class is themed unique and fun.

### **YOGA IYENGAR (60min)**

Emphasis on detail, precision and alignment in the practice of posture and breath control.

### **YOGA RESTORATIVE (60min)**

Yoga your mind and yoga your body. This workout can range from gentle and slow moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.

### **FAST30 (30min)**

High intensity interval group training which focuses on short bursts of high intensity followed by periods of short recovery involving challenge and movements ranging from body weight exercises to using hand held weights. This type of training will increase metabolism and burn fat after your workout is completed. We have three different FAST30 classes to suit your needs:

- **CARDIO**

High intensity interval training focusing on body weight movements with speed and endurance.

- **STRONG**

Higher intensity interval training incorporating movements involving weights (Kettlebells, Powerbags, Slamballs etc.) creating strength and muscle pressure through range of movement.

- **XPLODE**

Intense interval training incorporating explosive, plyometric movements focusing on power.