



# GROUP FITNESS TIMETABLE 2022

All classes are included in our Lifestyle Membership – or  
\$15 per casual visit

	5:30AM	12:15PM	5:45 – 6:15PM	6:15 – 6:45PM	6:00PM
MONDAY					HIIT
TUESDAY	Swim-Fit	HIIT	Beginner SwimFit Class 1	Beginner SwimFit Class 2	
WEDNESDAY					FAST 30
THURSDAY	Swim-Fit	FAST30	Beginner SwimFit Class 1	Beginner SwimFit Class 2	

**HIIT** High Intensity Interval Training (H.I.I.T) incorporates strength, plyometric and cardiovascular movements to give you the most intense and fun workout ever!

**Swim-Fit** Swim Fit is suitable for intermediate and above social and fitness swimmers, from young adults to active seniors. The class focuses on building aerobic fitness, swimming skills and training technique.

**Fast 30** A high intensity workout that moves quickly through a variety of exercises that force you to use your whole body.

**Beginner's Swim-Fit** Swim Fit is suitable for developing, social and fitness swimmers from young adults to active seniors. The class focuses on building aerobic fitness, swimming skills and training technique.