

# Fitness Classes

## Summer Schedule



Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30AM			PILATES STRETCH	GETLOW			
9:00AM	HIIT				HIIT		
9:15AM		PILATES	PILATES				
9:30AM						GETLOW	
10:00AM	AQUAFIT				AQUAFIT		
5:15PM	YIN YOGA		YOGA	PILATES			
5:30PM		GETLOW					

**Pilates** - Strengthen your core, improve posture, and enhance overall body awareness. Combining functional movements, mobility, and exercises to work the whole body to improve balance, stability, flexibility, and strength. Perfect for all levels.

**Yoga** - Experience mindful movement and steady flow in this Hatha-inspired class.

With a focus on breath, alignment, and purposeful transitions, this practise builds strength, flexibility, and balance. Suitable for all levels.

**HIIT** - Interval training exercises that incorporate several rounds, alternating between several minutes of high intensity movements, followed by short periods of lower intensity movements.

**Get Low** - A beat-driven low impact workout designed to ignite your mind, move your body & improve your wellbeing. This 45 minute LIT (low intensity training) full body workout uses boxing, dance, dumbbells, light cardio & seriously good music to transform your mind & body.

**Aquafit** - A low-impact, high-energy workout performed in the water to build strength, boost cardiovascular fitness, and improve mobility. Using the natural resistance of water, this class supports your joints while working the whole body to enhance endurance, flexibility, and overall wellbeing. Refreshing, fun and suitable for all levels.

*All classes can be modified to suit your needs, please speak to your instructor.*

**Bookings essential through MiClub**