

PROFILES SUMMER TIMETABLE!

AEROBIC

	5:30am	8:15am	4:45pm	5:30pm	6:15pm	6:30pm
MON	Cardio Box & Tone (2) Erika/Karin		Core Stability Ball (1) Erika/Karin	Step & Tone (2) Karin/Helen	Body Blitz Stretch (1) Karin/Helen	Legs, Bums & Tums (1/2) Eugene
TUE		Body Sculpt (1) Karin	Pillates (1) Karin	Sculpt It (1/2) Helen	Body Blitz Ab blast (1) Helen	Dancenigma (Please enquire at reception)
WED	Pillates (1) Karin/Erika		Body Contour (1/2) Eugene	Power Box (2) Erika/Karin	Body Fuse (1) Erika/Karin	Core Stability Ball (1/2) Clint
THU		Step & Tone (1/2) Erika		X-Train (2) Colin	Skip It (2) Colin	Dancenigma (Please enquire at reception)
SAT		Step 2 (2/3) Helen				

SPIN

	5:30am	8:15am	4:45pm	5:30pm	6:00pm
MON		Power Spin (2) Mandy		Heart Rate Workout(2/3) Monique/Helen	
TUE	Early Bird Challenge (2) Kelli	Begin 2 Ride (1/2) Gerda			Spin Combo (2) Clint
WED		Fat Burner (2) Kelli		Endurance (2) Clint	
THU	Fast, Fun & Furious (2) Helen/Monique		Begin 2 Ride (1/2) Kelli		Cardio W/Out (2) Mark
FRI		Friday Fun (1/2) Gerda/Mandy	Crazy Friday (1/2) Kelli		
SUN			W/End Ride (1/2) Clint/Monique		

AQUA

	5:30am	8:00am	1:15pm	5:30pm
MON		Aqua Combo Chantel	Aqua Fit Kellie	
TUE	Aqua Cardio Monique			Aqua Boost Monique
WED		Aqua Deep Tanya	Aqua Noodle Erika	
THUR	Aqua Tone Erika/Karin			Aqua Fit Tanya
FRI		Aqua Speed Kelli	Aqua Circuit Tanya	
SAT		Aqua Combo Karin/Erika		

KIDDIES FITNESS

	2:30pm	3pm	5:15pm	5:45pm
MON			4-8years	9-12years
TUE	4-8years	9-12years		
WED			4-8years	9-12years
Thur	4-8years	9-12years		

All classes 30 minutes. These classes change from week to week.

X-Train - Mixture of different exercises (fitness)

Step - Motor skills

Ball - Eye/hand co-ordination

CLUB OPENING TIMES

Monday - Thursday	5am - 9pm
Friday	5am - 7pm
Saturday	7:30am - 7pm
Sundays & Public Holidays	8am - 12pm 4pm - 7pm

Tel (041)368-5041

All classes 45 minutes except otherwise stated

A minimum of 5 people per class

Classes are subject to change without notice

LEVELS OF DIFFICULTY
1 = Beginner
2 = Intermediate
3 = Advanced

