

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM		X-TRAINER w/Jess (45min)		X-TRAINER w/Jess (45min)	
8:10AM					PILATES w/Jodie (50min)
8:15AM		CARDIO & STRENGTH w/Angie (50min) 7:15am start 18/8			
9:15AM	X-TRAINER w/Jess (45min)		STRENGTH w/Jodie (1 hr)	YOGA w/Lisa (1hr 15min)	BAR & BALANCE w/Jess (1hr)
9:30AM		ACTIVE LADIES* + Steve w/Angie (45min)			
10:15AM	ZUMBA w/Jess (45min)				
10:30AM		ACTIVE LADIES* w/Angie (45min)			
10:45AM				CHAIR YOGA w/Lisa (1hr)	
5:00PM			UNWIND FLOW YOGA w/Yuki (50min)		
5:30PM	MENS FITNESS 1 w/Angie (45min)	X-TRAINER**** w/Angie (45min)			
6:00PM	STRENGTH ** w/Jodie (1hr)				
6:30PM	MENS FITNESS 2 w/Angie (1hr)				
6:45PM			 b.class™ w/Sophie (1hr)		
7:10PM	PILATES ** w/Jodie (50min)				

August Timetable Notes: PLEASE READ

- Monday 3rd - XTrainer is Boxing
- Tuesdays 6pm XTrainer**** has temporarily moved to 5:30pm start time
- Wednesday's Pilates & Relaxation class is not currently running - come and try Unwind Flow Yoga class
- Tuesday 18th - 8:15am Cardio & Strength will start at 7:15am
- From Monday 17th - Strength** will start at 5:45pm & Pilates** will start at 6:45pm
- *Please enquire with Coordinator before attending "Active Ladies" classes for the first time, for availability

CLASS DESCRIPTIONS

Unwind Flow Yoga (Vinyasa & Gentle Flow)

This class focuses on stretching the shoulders and hips, followed by a gentle Vinyasa flow. The goal is to "unwind" by prioritising deep stretches at a nice, gentle pace throughout the session. *50 min*

Chair Yoga: A safe low impact class which is great for seniors, beginners and people with limited mobility. The many benefits include increased flexibility and strength, while helping with balance and joint pain. As well as focusing on the body, it also benefits the mind by working with the nervous system through breath and mindfulness, all the benefits of a regular class! *1 hour*

Bar & Balance: This class combines the best of strength and stability training. The first half features classic barbell-based exercises set to music that build strength and endurance through high-rep, full-body movements. In the second half, we shift focus to the fitball for targeted core work and balance exercises to improve stability, posture and body control. Finishing with a calming stretch to release tight muscles and leave you feeling strong, centered, and refreshed. Suitable for all fitness levels. *1 hour*

Strength: This class is a barbell-based, full-body workout that targets all your major muscle groups, using light to moderate weights with lots of repetition. Set to motivating music, this class will keep your energy high and your motivation strong. A class you will be sure to feel the next day!! No coordination needed, suitable for all fitness levels. *1 hour*

Cardio & Strength: If you're looking for a class with lots of variety this is it! The class can include using Kettlebells, dumbbells, bar and also has a component of cardio. Lots of VARIETY to keep you motivated. Suitable for all fitness levels. *50 min*

Active Ladies: All exercises in this class are performed either seated or standing—no floor work involved. Improve your overall strength, fitness, and balance through low-impact, functional movements designed to support everyday activity. Suitable for both beginners and more advanced participants, with options provided to increase the challenge if desired. Please contact the Coordinator before attending to check availability. *45 min*

Mens Fitness: These classes are designed specifically for men, held at the Woodside Pool grounds. The class combines varied cardio and strength exercises to improve overall fitness. We offer two levels: (Lev 1) tailored for beginners *45 min* and (Lev 2) for those seeking a more advanced challenge. *1 hour*

Yoga (Hatha): This class is suitable for all levels with options being offered for beginners or advanced yoga participants. Beginners will be shown more gentle postures. The class includes various poses focusing on alignment and postures. Poses are held for longer and routines can be made more challenging for advanced participants. *1 hour, 15 min*

X-Trainer: A fun and varied class that mixes strength and cardio to get your whole body moving. We use different equipment like kettlebells, medicine balls, resistance bands, fitballs, free weights, and steps to keep things interesting and effective. The workouts can be adjusted to suit everyone, whether you're just starting out or looking for a bigger challenge. *45 mins*

The b. class™ encompasses everything you ever wanted in a 1-hour fitness class. The exercise that works the body, the energy clearing and mindfulness from a yoga class, the music and spiritual connection, The b. class® is for women of all ages, abilities, and backgrounds. You do not need to be coordinated, you just need to be YOU. Each class you will leave feeling clear, strong and empowered. *1 hour*

Pilates: Strengthen your core, improve posture, and enhance flexibility in this full-body, low-impact class. Mat Pilates focuses on controlled movements, breath, and alignment to help you build a strong foundation from the inside out. Whether you're a beginner or experienced, this class offers modifications for all levels. *50 mins*

Zumba: The Zumba program is a fitness-party with a contagious blend of Latin and international rhythms that provides a fun and effective workout. *45 Minutes*