

Class Descriptions...

All our classes are designed to offer you the most effective workout possible. For best results, try a combination of cardio style classes "C" (To burn kilojoules & increase cardio-vascular fitness) and muscle conditioning, "M" (To boost the metabolism, & tone up)

Express Results: Tailor made to suit your individual needs, this workout is self - paced and incorporates cardio & resistance machines for an all inclusive workout. (Please note this is a "Personal Music" zone, so bring your ipod!) "M" & "C"

Body Pump: Sensational weight training session set to great music. Guaranteed to change the shape of your body & increase your metabolism. "M"

Body Step: Fantastic cardio workout, easy to follow with heaps of level options, a great calorie burner! "C"

Power Training: Personal Training meets Body Attack. Straight forward cardio workout. Achievable for any fitness level. No co-ordination required! Work at your own pace "M" & "C"

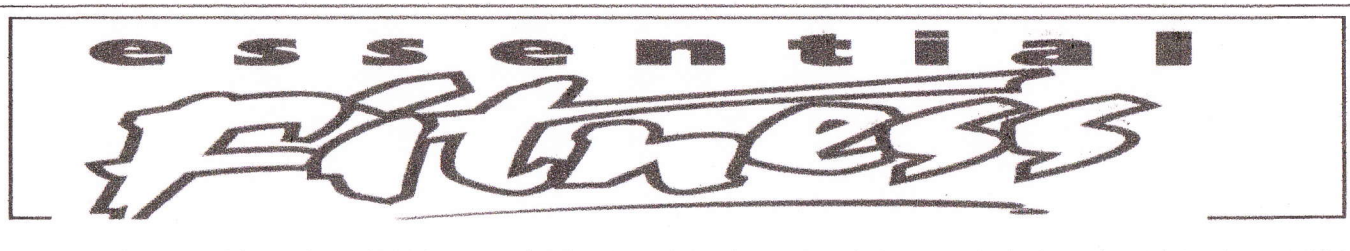
Body Balance: The ultimate Mind & Body experience blends Tai-Chi, Yoga and Pilates. It is set to great music that will leave you challenged & relaxed-treat yourself! "M"

Balls & Bands: A low impact, high energy class using fit balls, weights and bands for a total body workout that anyone can do! (Longer socks are a good idea) "M" & "C"
Mega Class - 2, 45 min. formats back -to-back. Do $\frac{1}{2}$ or all - your choice! (1.5 hrs counts as one class!) "M" & "C"

NB: All aqua-based classes are conducted at the Town Pool & are free, courtesy of ASTC (pool entry is required).

Water Based Training: Targets younger people who want a more challenging workout "C"

Senior Swim: A gentler workout that takes into consideration ailments that are prone to the senior population.



Timetable Begins Mon 6th February '12 (**Denote when supervised playroom is available)

Time	Mon	Tues	Wed	Thurs	Friday	Sat	Sun
8.30-11am	Express	Express	Express	Express	Express	Express	Express (9:45-12pm)
9:00 am	**Body Step Rowie	**Body Pump Rowie	**Balls & Bands Lisa	**Body Pump Rowie	**Body Balance Rowie	Mega Class 9am Body Step 9:45am Body Pump Rowie	
10:00 am							Body Pump Naomi
11:15 am		Senior Swim		Senior Swim			
11:00am							Body Balance Lisa
12:00pm						Water Based Training	
4.30-6.45	Express	Express	Express	Express (4.30-6pm)	Express (4.30-6pm)		
5.00 pm	Body Pump Naomi	Power Training Rowie	Body Step Rowie	Power Training Rowie	Body Step Naomi		
6.00 pm	Balls & Bands Lisa	Body Balance Lisa	Body Pump Naomi				