

# Albany Stadium Pool group fitness timetable

## Group Fitness: Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6am	BOXFIT	FAST 30	FAST 30	FAST 30	BOXFIT	8am	FAST 30
9.15am	YOGA FUSION	YOGA IYENGAR	PILATES	YOGA RESTORATIVE	BARRE	9am	YOGA FUSION
5.15pm	YOGA IYENGAR		YOGA IYENGAR				
5.30pm		FAST 30		FAST 30	FAST 30	Time	Sunday
6.15pm		YOGA VINYASA		PILATES	BOXFIT	9am	YOGA VINYASA
6.30pm	FAST 30		FAST 30				
7.30pm		FAST 30	BOXFIT				

## Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.15am	AQUAWORKS™ AQUA DEEP	AQUAWORKS™ AQUA DEEP	AQUAWORKS™ AQUA DEEP		AQUAWORKS™ AQUA DEEP
7pm			AQUAWORKS™ AQUA DEEP		

## CLASS DESCRIPTIONS

### **AQUAWORKS™ AQUA DEEP (60min)**

Jump in the deep end! Aqua Deep is held in a deep pool, using buoyancy belts to give you a weightless workout that strengthens and conditions while being gentle on the joints.

### **BARRE (60mins)**

A total body workout that strengthens and tones the body, with emphasis on control, stability and alignment.

### **BOXFIT (60mins)**

Workouts with emphasis on improving boxing technique and boxing style training (high intensity training). Pads are supplied to members and gloves are available to borrow if you don't own any. Bringing your own gloves is advised and boxing wraps are a requirement for protection and hygiene reasons.

### **FAST 30 (30mins)**

High intensity interval group training focusing on short periods of high intensity followed by periods of short recovery involving challenge and movements ranging from body weight exercises to weighted movements. This type of training will increase your metabolism and help you burn fat after your workout is completed.

### **PILATES (60mins)**

Focus on you core with the core principles of Pilates! The eight principles of the Pilates technique – concentration, breath, centring, control, precision, movement isolation and routine – are brought together to give you a low impact workout that strengthens like nothing else.

### **YOGA FUSION (60mins)**

A gentle to moderate level yoga class which blends traditional yoga postures, fitness yoga, stretching, movement, and meditation for a well-rounded way to become stronger, more flexible, and release stress. Great for beginners.

### **YOGA IYENGAR (60 or 90mins)**

Emphasis on detail, precision and alignment in the practice of posture and breath control.

### **YOGA RESTORATIVE (60mins)**

Yoga your mind and yoga your body. This workout can range from gentle and slow moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.

### **YOGA VINYASA (60mins)**

A dynamic sequence of poses integrated with the breath. A flowing practice creating heat in the body; each class is themed unique and fun.