

Marina Fitness group fitness timetable

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am		SPIN		SPIN		
9am	YOGA		TONE STEP	PILATES		YOGA
10.30am	FOREVER FIT		FOREVER FIT			
6.30pm	SPIN	YOGA	SPIN	TONE STRENGTH		

CLASS DESCRIPTION

FOREVER FIT (45mins)

A low impact gentle mobility class that works the whole body. This class is suited to the active senior who would like to stay active, recover from injury or just have fun.

PILATES (60mins)

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

SPIN (45mins)

A spinning class is a high intensity cycling workout, that uses stationary bikes. The class will focus on endurance, strength, interval training and recovery. An awesome way to increase fitness, burn calories and have fun.

TONE STEP (45mins)

Simple yet effective routines using step boxes and hand weights to work your entire body and increase your cardio fitness.

TONE STRENGTH (45mins)

A total body workout using weight equipment and body weight training to get you strong - and toned.

YOGA (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.