

# West Wave group fitness timetable

## Group Fitness: Mezzanine floor

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
9.30am	RIP	ENERGY WARRIOR	ENERGY STEP UP	STRONG	ENERGY TABATA	8am	YOGA
10.30am	YOGA					9am	RIP
5.30pm	RIP	ENERGY POWER	RIP	ENERGY STEP UP	ENERGY WARRIOR		
6pm		VINYASA FLOW YOGA (Piha Room)					
6.30pm	ENERGY WARRIOR	RIP	STRONG	RIP	ZUMBA®		
7.30pm	ZUMBA®		YOGA				

## Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.45am		SPINNING		SPINNING		8.15am	SPINNING
5.30pm			SPINNING				
6pm	SPINNING	SPINNING		SPINNING			

## Aqua classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
9.30am	AQUAWORKS™ POWER	AQUAWORKS™ LITE	AQUA ZUMBA®	AQUAWORKS™ POWER			

## CLASS DESCRIPTIONS

### AQUAWORKS™ LITE (45mins)

Enjoy a low-impact workout designed to increase strength and mobility while being gentle on the joints. AquaLITE is ideal for all levels and abilities, including those recovering from injury.

### AQUAWORKS™ POWER (45mins)

Bring your energy to this workout! This high intensity interval training class is designed with timed intervals to blast your muscles, burn calories and increase your cardio output.

### AQUA ZUMBA® (45mins)

Bring the party into the water with AQUA ZUMBA! There are three levels of intensity – low, medium and high – to choose from.

### BOXFIT (50mins)

50 minutes of cardio work. BoxFit is based on the training used for boxing, so it includes skipping, boxing drills including footwork and abdominal workouts - all the while focusing on fitness and toning.

### ENERGY POWER (45mins)

An energetic class with a mix of exercises; weights for power and strength, cardio for increased fitness and core and balance for improved stability.

### ENERGY STEP UP (45mins)

This class is based around and on the step. Working with intervals of 20 sec of high step action and a 10sec break. The class has been designed to take you through a multi peak cardio workout. Using stages ENERGY STEP UP offers a range of levels to work at making it a great workout for all fitness types ensuring everyone can achieve their personal best.

### ENERGY TABATA (45mins)

Interval training at its best. A series of cardio and body weight movements. Eight rounds per track consisting of 20sec bursts of ENERGY work followed by a 10sec break. ENERGY TABATA improves fitness levels, improves agility and burns calories fast.

### ENERGY WARRIOR (45mins)

Punching and kicking is the name of the class. Single movement exercises taught and then repeated in combinations. ENERGY WARRIOR is a cardio based class explosive, fast, and fun. Built around interval music giving you 20sec of explosive work followed by a 10 sec break. This class will burn calories, increase your fitness fast and improve coordination.

### RIP (45mins)

Red alert! This class is packed with muscular power from start to finish. Delivering both innovative and effective exercise movement patterns to work your whole body. Bring RIP into life now!

### SPINNING (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.

### STRONG (45mins)

Rise to the challenge of STRONG. This high intensity body-weight training class is synchronized to music designed to get you to dig deep and work hard for your workout. Come prepared to work and sweat to the beat.

### YOGA (45mins)

Focusing on balance of body and mind through safe postures, breathing practices along with modifications. Induce a positive sense of well-being while enhancing concentration, awareness and improving flexibility and strength. Promoting relaxation and mindfulness, balance and increasing vitality.

### ZUMBA® (45mins)

Dance around the world on 60 minutes. Experience a spicy mix of Latin rhythms and world flavours. Lose yourself in the party-like atmosphere. You will have too much fun to realise you are working out!