



Group Fitness Schedule

JANUARY 16th - MARCH 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.30am-7.15am	Boxing with Rob		Yin Yoga with Gaylia		Boxing with Gareth
9.30am-10.15am		Aqua Fitness with Gareth		Aqua Fitness with Gareth	
12.30pm-1.15pm	Yin Yoga with Gaylia	Pilates with Gareth	Slow Flow Vinyasa Yoga with Gaylia	Swim Squad with Gareth	Pilates with Gareth
	Swim Squad with Gareth				
5.30pm-6.15pm			Boxing with Rob		

All group classes are included in the Tattersall's Health & Wellness Centre Membership.
Booking for classes is essential as spaces are limited.

BOOK VIA MEMBER PORTAL OR IN CLUB



Class Descriptions

PILATES

Pilates is a strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs. Pilates is based on the original exercises Joseph Pilates developed to strengthen his own body as a very young man and then began teaching others. Our Pilates classes can be modified for any age, body, or fitness level and therefore all abilities are welcome.

BOXING CIRCUIT

Our Boxing Circuit is a total body workout that focuses on technique, strength and cardiovascular conditioning. We mix up the routine with Boxing and circuit training. What's more, we make sure that both the circuit stations and exercises give you a true feel for being in the ring.

ADULT SWIM SQUAD

Our squad swims are designed for those new to squad swimming through to those who swim for fun, fitness or competition, including triathlon. All equipment is provided (kickboard, fins, pull buoy & hand paddles).

AQUA FITNESS

Aqua classes build strength and aerobic fitness with a variety movements using aqua dumbbells, noodles and body weight move.

YIN YOGA

An opportunity to slow down and be present through long-held passive poses to benefit the fascia and connective tissues in and around the joints. Promotes mindfulness and relaxation. Suitable for all fitness and flexibility levels.

VIN YIN YOGA

This class combines the slow and deep stretch Yin style with a gentle slow flowing Yang Vinyasa. Feel both invigorated and a greater sense of calm. Suitable for all fitness and flexibility levels.

SLOW FLOW VINYASA YOGA

A blend of Vinyasa and Hatha styles, this class unites movement and breath creating a moving meditation. You will strengthen your core, improve mobility and flexibility, and help improve your ability to be in the present moment. You may feel an increased sense of wellbeing! Variations offered to cater to all levels of fitness and flexibility.