

## Knox Leisureworks – 8<sup>th</sup> March 2021

GROUP FITNESS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00 am		RPM		RPM			
	7.30am						RPM	
	8.00 am	Active Adults Cycle ▲						
	8.30 am						Body Attack	
	9.30 am	Hi Energy Circuit	Body Pump	Body Pump	THT	Body Pump	Knox HIT	Body Pump
	10.30am	Body Balance	Fitball/ Pilates	Yoga	Tai Chi▲	Body Balance	Body Step	Body Balance
	11.30am	Feeling Fit ▲	Body Balance▲	Zumba Gold ▲	Feeling Fit ▲	Body Pump ▲	Body Balance	
	12.30pm	Chi Ball▲						
	6.15pm		RPM Express		RPM Express			
7.00 pm	SH'BAM	Body Attack	Body Pump	Body Pump				
8.00pm	Body Balance		CORE 30 min					

▲ Active Adult Members can access these classes - Senior Strength ■ Sessions held in the gym

▲ Active Adult Members must have a Gym induction for Senior Strength program.

Wellness Studio	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.30 am	Yoga▲						
	10.30 am		Yoga ▲					
	6.00 pm			Pilates	Yoga			

▲ Active Adult Members can access these classes

HIGH INTENSITY	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.30 am						#Knox HIT	
	6.00 pm	#Knox HIT		#SGT				

# Group Fitness Room, all other sessions run in the Gym

AQUATICS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00am	Aquanauts ◆				Aquanauts ◆		
	7.00 am	Aquacise		Aquacise		Aquacise		
	8.00am	Aquacise	Gentle Aquacise ■	Aquacise	Gentle Aquacise ■	Aquacise	Aquacise	
	9.00am	Aquacise	Aquacise	Aquacise	Deep Water Running	Aquacise	Aquacise	
	10.00 am	Aquacise	Aquacise	Aquacise		Aquacise		
	11.15am					Gentle Aquacise ■		
	6.00 pm				Gentle Aquacise ■			
	6.30pm	Deep Water Running		Aquacise				

■ Sessions held in the Warm Water Pool ◆ Adult Squad competent swimmers

OTHER	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:15am	Low Impact Waves \$				
	11:30am	Senior Strength▲ □		Senior Strength▲ □		Senior Strength▲ □

Senior Strength▲ □-Sessions held in the gym

▲ Active Adult Members must have a Gym induction for Senior Strength program.

Low Impact Waves = \$ Sessions not included in memberships, attracts an additional fee

## CLASS TYPES

**GROUP FITNESS** Group workout sessions for any skill level, with a focus on strength, stamina and coordination. This includes instructor based classes as well as virtual group fitness sessions.

**WELLNESS** Engage your mind and body using a range of movement and breathing exercises, designed to increase flexibility and focus, and reduce stress.

**AQUACISE** Water based workouts designed to improve your cardio, as well as strengthen and tone your body with minimal impact. Suitable for all levels of fitness and ability.

**AQUANAUTS**, is for adults interested in maintaining fitness, preparing for events and developing technique in structured sessions that focus on endurance, technique and strength building run by professional coaches to ensure individual goals are catered to.

**HIT & SGT - HIGH INTENSITY TRAINING** Involves repeated bouts of high intensity all-out effort followed by short, sometimes active, recovery periods.

**ACTIVE ADULTS** Low impact classes designed for older adults, encompassing a range of strength, cardio and flexibility exercises. All Aquacise classes are suitable.

- Please note that classes may only be pre-booked by the individual attending the class. Bookings can be made 24 hours in advance for members, and 2 hours in advance for casual users, **Aqua Aerobics are to be made via our website only up to 10 days in advance**
- **Senior Strength**, is gym based sessions. Participants will receive a program from a qualified Gym staff member that can be done whilst in the gym. Sessions run Mon, Wed, & Friday between 11:30am & 2:30pm. Casual cost is \$8.50 or free for Active Adult & general members.
- **NEW Classes**

**Zumba Gold** is a class designed for active adults who are looking for a modified **Zumba/Dance style** class that recreates the original moves you love, but at a lower intensity.

**RPM Express** is your favourite Cycle class but in a 30 minute format.

**CORE**, formally known as CX WORX, the name has changed but the workout is still the same.

## IMPORTANT INFORMATION

- Late entry to classes more than 5 minutes after commencement is not permitted.
- Participants must obtain a ticket for all classes from Reception or Kiosk.
- All participants must be aged 16 years or older (except family friendly classes available to persons 13 years and over these classes are highlighted **RED**).
- An Active Adults membership allows entry to all Active Adults, Aqua classes & Senior Strength & Classes with a ▲ symbol