



Class Timetable Cooper's Hill Club

TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
09.00 – 9.45	Aqua Fit	Claire	Pool
12.30 – 13.30	Tai Chi	Colin	Outdoors & Gym
16.30 – 17.15	Pilates	Claire	Gym
17.30- 18.15	Strength and conditioning	Melinda	Gym
TUESDAY			
8.15-9.00	Hatha Yoga	Melinda	Gym
16.00 – 16.45	Chair Stretch	Claire	Gym
WEDNESDAY			
10.30-11.15	Chair Stretch	Melinda	Gym
14:00 – 14:45	Aqua Fit	Claire	Pool
THURSDAY			
9.30 – 10.15	Aqua Fit	Claire	Pool
17.15-18.00	Yin Yoga	Melinda	Gym
FRIDAY			
9.15-10.00	Aqua Fit	Melinda	Pool
16.30 – 17.15	Chair Stretch	Claire	Gym
SATURDAY			
SUNDAY			
10:00 – 11:00	Family swim (owners only)		Pool
14.00 – 16.00	Family swim (owners only)		Pool

AQUA FIT

- This class offers cardiovascular & muscular benefits, keeping your bones and joints healthy at your own level of intensity, if required, hand weights and noodles can be used throughout the class.
- Class capacity = 10 maximum

CHAIR STRETCH

- An effective and accessible exercise for everyone that can help you feel stronger, along with many other benefits such as: increase strength and flexibility and improve posture. Bands, balls and small weights are provided to keep you active and mobile.
- Class capacity = 8 maximum

TAI CHI

- Ancient Chinese medicine in the form of gentle movements and breathing techniques. Pumping life force and building excellent mind & body connection to develop the flow state.
- Class capacity = 8 maximum (indoors)

PILATES

- Pilates is a form of strength training. Pilates focuses more on improving muscle tone than building muscles, but the result is similar: greater stability and endurance.
- Class capacity = 8 maximum

Yin Yoga

- Gentle static yoga poses to increase flexibility and enhance wellbeing.
- Class capacity = 8 maximum

Hatha Yoga

- Yoga sequences to increase mobility and recovery.
- Class capacity = 8 maximum

Strength and conditioning

- An all-around group exercise to promote strength and cardiovascular training using gym equipment.

FAMILY SWIM (OWNERS)

- Open pool for owners and their family (any age).
Adult supervision always required.