

# Mote House

# Class Timetable

## June 2025

Time	Class	Instructor	Gym use allowed
<b>MONDAY</b>			
10:15 – 10:45	Seated Exercise (Owners)	Phillipa	Romney
11:45– 12:30	Pilates	Kim	Studio
17:00 – 17:45	Aqua Fit	Phillipa	Pool/wet side
<b>TUESDAY</b>			
10:00 -10:45	Aqua Therapy (Owners only)	Phillipa	Pool/ wet side
11:00 – 11:30	Zumba Gold	Phillipa	Studio
11:45 – 12:15	Zumba Gold	Phillipa	Studio
15:15 – 16:00	Aqua Fit	Cate	Pool/wet side
<b>WEDNESDAY</b>			
9:30 – 10:15	Aqua Fit	Phillipa	Pool/wet side
10:15– 11:00	Pilates	Phillipa	Studio
<b>THURSDAY</b>			
09:30 – 10:15	Aqua Fit	Cate	Pool/wet side
1015-1100	Body Conditioning	Cate	Studio
<b>FRIDAY</b>			
09:30 – 10:15	Aqua Fit	Jamie	Pool/wet side
1015-1045	Seated Exercise (Owners)	Jamie	Romney
<b>SATURDAY</b>			
09:00 – 09:45	Pilates	Kim	Yes
10:00 - 10:45	Pilates	Kim	Yes
<b>SUNDAY</b>			

Advance booking required and subject to availability. Book online via Smoothbook to use the gym, pool, and for classes.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.  
(Additional charges will apply)



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AQUA FIT

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Working out in this water-based class, using the constant resistance and reducing impact on joints that water provides. Working on muscle tone and range of movement.

#### **AQUA THERAPY**

A gentle water-based class focussing more on balance, flexibility and strength.

#### **SEATED EXERCISE**

Get active - from the comfort of a chair. Gentle seated exercises to help improve circulation and strengthen muscles and joints; helping maintain mobility.

#### **PILATES**

This concentrates on developing the strength of the core stability muscles and in doing so improves posture alignment, flexibility, endurance and strength.

#### **ZUMBA GOLD**

A low impact dance class with latin American style music incorporating dances like merengue and salsa. Every class is fun and with Zumba Gold being specifically designed for older adults, it includes balance and strength work.

#### **BODY CONDITIONING**

This class is designed to improve the condition of the body by increasing strength, toning up and raising the heart rate. Starting with a warm up followed by small hand weights or resistance bands for strength training and ending with stretching.

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