



Nightingale Place Class Timetable

Time	Class	Instructor	Gym use allowed
MONDAY			
10:00-10:30	Stretch and mobility – Restaurant	Jacqui	Yes
13:00-13:45	AQUA- POOL SESSION RESERVED	N/A	Yes
18:00 - 18:45	Body Strength/conditioning – GYM	Susie M.	Yes
TUESDAY			
09:45-10:30	Pilates for posture -Restaurant	Susie M.	Yes
13:00-13:30	Walking /Lower body strength Owners Only – GYM	Brent	Yes
18:00-18:45	Ballroom and Latin Dance	Kamila	Yes
WEDNESDAY			
10:30-11:00	Seated Pilates -Restaurant	Jacqui	Yes
13:00-13:45	AQUA- POOL	Yirga	Yes
15:30-16:30	Pool access for owners only		
18:00-18:45	Dynamic Pilates- GYM	Susie M.	Yes
THURSDAY			
11:00-11:30	Seated Pilates - Restaurant	Susie M.	Yes
13:00-13:45	Body Strength/conditioning- GYM	Brent	Yes
FRIDAY			
11:00-11:45	Dance Fitness to music -GYM	Suzi Mills.	Yes
12:00-12:45	AQUA- POOL SESSION RESERVED	N/A	Yes
SATURDAY			
SUNDAY			
15:30-16:30	Pool access for owners only		

AQUA

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.

YOGA

Mindfulness in motion, Asanas (postures) and Pranayama (breathing) are used to strengthen and lengthen the whole body.

Body Strength and conditioning whole body workout. Weights will be optional to improve overall strength

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)