



St Elphin's Park Class Timetable

January 2024

Time	Class	Instructor	Location
MONDAY			
07.00-09.00	Owners only swim	N/A	Pool
09:15 – 09:45	Aqua	David	Pool
9:00-09:45	Zumba Gold	Anna	Studio
09:45-10:30	Zumba Gold	Anna	Studio
10:30 – 11:00	Seated Falls Prevention	David	Studio
TUESDAY			
09:15-09:45	Aqua	David	Pool
10:00-10.30	Seated core	David	Studio
12:00- 12:30	Trim Trail walk	David	Village
14:00 - 14:40	Gym Circuits	David	Gym
15:00 - 17:00	Owners only swim	N/A	Pool
WEDNESDAY			
07:00 - 09:00	Owners only swim	N/A	Pool
09:15 – 09:45	Aqua	David	Pool
10:00- 10:30	Stretch (seated and standing)	David	Studio
11:00 – 11:30	Floor core	David	Studio
THURSDAY			
09:15 – 09:45	Aqua	David	Pool
09:30 – 10:15	Pilates – Level 1	Wendy	Studio
10:30 – 11:15	Seated Pilates	Wendy	Studio
14:00 – 14:30	Aqua fit	David	Pool
15:00 – 17:00	Owners only swim	N/A	Pool
FRIDAY			
07:00 – 09:00	Owners only swim	N/A	Pool
09:30 – 10:15	Pilates - Level 1	Wendy	Studio
10:30 – 11:15	Pilates – Level 2	Wendy	Studio
11:15 – 12:00	Gym Circuits	David	Gym / Studio
12:00 – 12:30	Seated strengthening	David	Studio
15:00 – 16:00	Pool closed for cleaning	N/A	Pool
SATURDAY			
14:00 - 16:00	Owners Family swim (owners only)	N/A	Pool
SUNDAY			
14:00 – 16:00	Owners Family swim (owners only)	N/A	Pool

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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. Great fun

LEVEL 1 PILATES

Accessible for all abilities, using a variety of standing, chair and a little mat work. Focussing on stability, flexibility and alignment with lots of adjustments / modifications to suit your needs.

LEVEL 2 PILATES

A more challenging mat-based class, focussing on strength, core, precision and flow. Attendees should be able to progress to cover a broad range of Pilates exercises.

SEATED CORE

Get active - from the comfort of a chair. A seated short class to help strengthening of the core muscles. No equipment will be used other than your body and the chair. Accessible for all abilities.

FLOOR CORE

A more challenging core class on the mats. A 30-minute class with a good variety of exercises using some light equipment to help strengthen the abdominal muscles.

SEATED STRENGTHENING

A seated class to focus on the whole body to help with mobility, strength and flexibility. Both upper and lower body exercises.

GYM CIRCUITS

A gym-based exercise class involving different pieces of gym equipment and techniques. Cardiovascular machines and resistance machines both involved. This class is an all-rounder.

OWNERS FAMILY SWIM

Open for owner's can bring their family members to the club.

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)