



Ellerslie Class Timetable

Time	Class	Instructor	Gym use allowed
MONDAY			
09:00 - 9:45	Pilates	Bay	No
10:00 - 10:45	Pilates	Bay	No
15:00 - 15:25	Seated exercise to music	Bay	No
TUESDAY			
8:30 - 8:55	Aqua Fit	Bay	Pool
9:15 - 9:45	Aqua Fit	Bay	Pool
10:00 - 10:25	Aqua Fit	Bay	Pool
WEDNESDAY			
9:00 - 10:00	Owner's swim	N/A	Yes
15:00 -16:00	Owner's family swim	N/A	Yes
THURSDAY			
9:00 - 9:45	Pilates	Bay	No
15:00 - 15:25	Balance class	Bay	No
FRIDAY			
9:00 - 9:45	Pilates	Bay	No
9:00 - 10:00	Owner's swim	N/A	Yes
15:00 -16:00	Owner's family swim	N/A	Yes
SATURDAY			
9:00 - 10:00	Owner's swim	N/A	Yes
13:00-15:00	Pool maintenance	N/A	Yes
15:00 -16:00	Owner's swim	N/A	Yes
SUNDAY			
9:00 - 11:00	Owner's swim	N/A	Yes
15:00 -16:00	Owner's swim	N/A	Yes

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)