



St Elphin's Park Class Timetable

From March 2022

Time	Class	Instructor	Location
MONDAY			
07.00-09.00	Owners only swim	N/A	Pool
09:15 - 10:00	Aqua Fit	David	Pool
10:00 – 10.45	Zumba Gold	Jen	Studio
11.00 – 11.45	Zumba Gold	Jen	Studio
12.00 – 13:00	Seated Falls Prevention	David	Studio
TUESDAY			
10:00-10.30	Seated core	David	Studio
14:00 - 14:30	Stretch	David	Studio
15:00 - 15:40	Gym Circuits	David	Gym / Studio
15:00 - 17:00	Owners only swim	N/A	Pool
WEDNESDAY			
07:00 - 09:00	Owners only swim	N/A	Pool
09:15 - 10:00	Aqua Fit	David	Pool
11:00 – 11:30	Floor core	David	Studio
THURSDAY			
09:00 – 09:30	Trim Trail walk (from reception)	David	Trim Trail
09:30 – 10:15	Pilates – Level 1	Wendy	Studio
10:30 – 11:15	Seated Pilates	Wendy	Studio
14:00 – 14:40	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			
12:00 - 15:00	Owners Family swim (owners only)	N/A	Pool
SUNDAY			
12:00 – 15:00	Owners Family swim (owners only)	N/A	Pool

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)