

Eilerslie

Class Timetable

2023



Time	Class	Instructor	Gym use allowed
MONDAY			
09:00 - 09:45	Pilates	Bay	No
10:00 - 10:45	Pilates	Bay	No
15:00 - 15:25	Seated exercise to music	Bay	No
TUESDAY			
08:30 - 08:55	Aqua Fit	Bay	Pool
09:15 - 09:45	Aqua Fit	Bay	Pool
10:00 - 10:25	Aqua Fit	Bay	Pool
WEDNESDAY			
09:00 - 10:00	Owner's swim	N/A	Yes
15:00 - 16:00	Owner's family swim	N/A	Yes
THURSDAY			
09:00 - 09:45	Pilates	Bay	No
15:00 - 15:25	Balance class	Bay	No
FRIDAY			
09:00 - 09:45	Pilates	Bay	No
09:00 - 10:00	Owner's swim	N/A	Yes
15:00 - 16:00	Owner's family swim	N/A	Yes
SATURDAY			
09:00 - 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			
09:00 - 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)



Ellerslie

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Aqua Fit

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 and sing along if you want with music from the 60s,70s and 80s.

Pilates

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

Seated exercise to music

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

Balance class

Gentle standing postures to promote better balance, strength mobility and vitality.

Owners Family Swim

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

Owners Swim

Open for owners' exclusive use

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