

# Nightingale Place

## Class Timetable

From January 2023



Time	Class	Instructor	Gym use allowed
<b>MONDAY</b>			
10:00 - 10:45	Stretch and mobility	Jacqui	Yes
13:00 - 13:45	AQUA	Melinda	Yes
18:00 - 18:45	Body Strength/conditioning	Susie M	Yes
<b>TUESDAY</b>			
09:45 - 10:30	Pilates for posture Studio 1	Susie M	Yes
13:00 - 13:30	Walking /Lower body strength Owners Only – Gym	Melinda	Yes
<b>WEDNESDAY</b>			
10:30 - 11:15	Seated Pilates Studio 1	Jacqui	Yes
13:00 - 13:45	AQUA	Melinda	Yes
15:30 - 16:30	Pool access for owners only		
18:00 - 18:45	Body Strength /conditioning	Susie M	Yes
<b>THURSDAY</b>			
11:00 - 11:30	Seated Pilates Studio 1	Susie M	Yes
13:00 - 13:45	Body Strength/conditioning	Melinda	Yes
17:00 - 17:40	Gentle Yoga in Hobbies Room	Melinda	Yes
<b>FRIDAY</b>			
11:00 - 11:45	Dance Fitness to music	Suzi Mills	Yes
13:00 - 15:00	Pool closure for deep cleaning		
<b>SATURDAY</b>			
<b>SUNDAY</b>			
15:30 - 16:30	Pool access for owners only		

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)

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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.

**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.

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