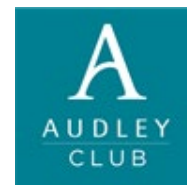


Redwood Class Timetable 2023



Time	Class	Instructor	Gym use allowed
MONDAY			
08:30 - 09:00	Aquafit	Mia	
09:30 - 10:15	Total Body Conditioning	Mia	No
10.30 - 11.00	Aquafit	Mia	Pool / Wet Side
11.00 – 11.30	Chair Fitness	Sean	No
16:30 - 17:15	Yoga	Mia	No
18:00 - 18:45	Pilates	Sean	No
TUESDAY			
09:30 - 10:05	Pilates	Sean	No
17:00 - 17:45	Pilates	Sean	No
18:00 - 18:45	Circuits	Sean	No
WEDNESDAY			
11:00 - 11:55	Dance Fit	Matt	No
12:00 - 12:55	Dance Fit	Matt	No
15:45 - 16:15	Aquafit	Mia	Pool / Wet side - No
16:20 - 16:45	Aqua Yoga	Mia	Pool / Wet side -No
THURSDAY			
08:30 - 09:30	Pilates	Sean	No
09:30 - 10:30	Pilates	Sean	No
FRIDAY			
08:30 - 09:15	Aquafit	Mia	Pool / Wet side - No
09:30 - 10:30	Yoga	Mia	No

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)



Redwood

Class Timetable

2023

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.

AQUA-YOGA

Designed to work on balance, flexibility and mobility. Perfect for those new to Aqua or Yoga or coming back from injury.

TOTAL BODY CONDITIONING

A full body workout. We like to keep people on their toes, so sometimes it will be a good old fashioned 1980s style aerobics class and sometimes we use weights, and the gym machines.

CHAIR FITNESS

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

CIRCUITS

A class working the whole body as well as your heart and lungs, exercises can be made easier or harder depending on your needs.

PILATES

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

YOGA

Mindfulness in motion, Asanas (postures) and Pranayama (breathing) are used to strengthen and lengthen the whole body.

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