



St Elphin's Park Class Timetable 2023

Time	Class	Instructor	Location
MONDAY			
07:00 - 09:00	Owners only swim	N/A	Pool
09:15 - 10:00	Aqua Fit	David	Pool
09:00 - 09:45	Zumba Gold	Anna	Studio
09:45 - 10:30	Zumba Gold	Anna	Studio
10:30 - 11:00	Seated Falls Prevention	David	Studio
TUESDAY			
09:15 - 09:45	Aqua fit	David	Pool
10:00 - 10:30	Seated core	David	Studio
15:00 - 15:40	Gym Circuits	David	Gym
15:00 - 17:00	Owners only swim	N/A	Pool
WEDNESDAY			
07:00 - 09:00	Owners only swim	N/A	Pool
09:15 - 09:45	Aqua Fit	David	Pool
10:00 - 10:30	Stretch (seated and standing)	David	Studio
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 - 14:30	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)

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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. Great fun!

LEVEL 1 PILATES

Accessible for all abilities, using a variety of standing, chair and a little mat work. Focussing on stability, flexibility and alignment with lots of adjustments / modifications to suit your needs.

LEVEL 2 PILATES

A more challenging mat-based class, focussing on strength, core, precision and flow. Attendees should be able to progress to cover a broad range of Pilates exercises.

SEATED CORE

Get active - from the comfort of a chair. A seated short class to help strengthening of the core muscles. No equipment will be used other than your body and the chair. Accessible for all abilities.

FLOOR CORE

A more challenging core class on the mats. A 30-minute class with a good variety of exercises using some light equipment to help strengthen the abdominal muscles.

SEATED STRENGTHENING

A seated class to focus on the whole body to help with mobility, strength and flexibility. Both upper and lower body exercises.

GYM CIRCUITS

A gym-based exercise class involving different pieces of gym equipment and techniques. Cardiovascular machines and resistance machines both involved. This class is an all-rounder.

OWNERS FAMILY SWIM

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

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