

# Exercise Classes

## Audley Ellerslie

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Pilates	9:00am-10:00am	10:00-11:00am	9:00am-10:00am	9:00am-10:00am			
Yoga				10:00-11:00am			
Aqua		9:00-9:30am 9:30-10:00am					
Young at Heart	2:00pm - 2:30pm						
Deep root, strong base				2:00pm - 2:30pm			
Owner's Swim			9:00-10:00am		9:00-10:00am		9-10am

### **AQUA**

A fantastic way to get fit as well as stay fit. The unique physical properties of water provide an ideal environment for exercise. Natural buoyancy of the water reduces weight-bearing stress, allowing a greater ease of movement with less strain on bones, joints and muscles.

### **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.

### **YOUNG AT HEART (COME DANCING)**

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

### **DEEP ROOTS AND STRONG BASE**

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

### **PERSONAL TRAINING**

It's so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you're focusing on the right exercises. A Personal Trainer won't just help your fitness, they will help you reach your goals so much faster and have fun while you're at it. (Additional charges will apply)

### **Owner's swim**

Residents only swim time

