



Audley Club at Ellerslie Class Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45am		O. Aqua					
9:00am	O. Pilates		Owners only swim time	Pilates	-O. Pilates -Owners only swim time	Pilates	Owners only swim time
9:30pm		Aqua					
3:00pm	Exercise to music		Owner's family swim	Deep root, strong base	Owner's family swim		Owner's family swim
5:00pm							

Advance booking required and subject to availability.

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)