



Audley Club at Stanbridge Earls Class Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates			13:13 – 14:00	12:15 – 13:00			
Yoga	09:45 – 10:45						
Chair Yoga	11:00 – 11:45						
Aqua		11:30 – 12:15			11:30 – 12:15		11:30 – 12:15
Chair Fitness		14:15 – 15:00		14:15 – 15:00			
Qi Gong					10:00 – 10:30		10:00 – 10:30
Mobility		18:30 – 19:00		13:30 – 14:00			
Balance and function	15:00 – 15:45				15:00 – 15:45		
Circuits	18:30 – 19:15			18:30 – 19:15			
Owners Family Swim	17:00 – 18:00			17:00 – 18:00		11:00 – 12:00	13:00 – 14:00

THE POOL WILL CLOSE EVERY FRIDAY BETWEEN 1:30PM-3PM FOR CLEANING

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)



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.

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 and sing along if you want with music from the 60's,70's and 80's.

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.

QI GONG ("Chee Gong")

Ancient Chinese medicine in the form of gentle movements and breathing. Get the life force pumping, build a good mind- body connection and develop the flow state.

MOBILITY

Mobility and flexibility class working to gently improve your range of movement, reduce tension and relax the body, this class will use both seated and floor positions to cater for all.

BALANCE AND FUNCTION

Focusing on improving balance, core stability and body awareness. Exercises can be modified for all abilities.

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.

OWNERS FAMILY SWIM

Open for everybody. However, owners can bring their family members to the club.

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