

Exercise Classes

Coopers Hill

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Pilates	9:00am-9:30am		9:00am-10:00am				
Chair Fitness				10:30am-11:00am			
Aqua		9:00am-9:45am		9:00am - 9:45am			
Circuit Training	12:30pm - 1:00pm		12:30pm - 1:00pm				
Family Swim							9am - 10am 4pm - 5pm

AQUA

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

PILATES

Focusing on developing core stability, building strength and improving posture alignment, flexibility and endurance

Chair Fitness

These gentle sitting exercises will help improve your mobility and prevent falls. They can even be done at home.

Circuit Training

Focusing exclusively on muscle toning & aerobic exercise. It's 30 minutes of fun.

Family Swim

Family members of owners and members can enjoy the facilities during these times.

