

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 | | | | | |
| Seated exercise to music | 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 |
| Owner's family swim | | 15:00—16:00 | | 15:00—16:00 | | 12-14pm | |

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.

SEATED EXERCISE TO MUSIC

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

Owner's family swim

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

