

Exercise Classes

Audley Mote House

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua aerobics	5:00pm-6:00pm		9:30am-10:30am				
Aqua therapy		11:00am-12:00pm			10:30am-11:30am		
Pilates		9:30am-10:30am		11:30am-12:30pm		9:00am-10:00am	
Tai-chi			3:00pm-4:00pm				
Zumba Gold		3:00pm-4:00pm					
Chair aerobics	10:30-11:30pm						
Trainer available	10:00am-10:30am 1:30pm-4:30pm	12:00pm-2:30pm	12:30pm-2:30pm		9:30am-10:30am 12-30pm-1:30pm		

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.

Zumba Gold

Chair Aerobics

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

Training Program

We offer as much or as little support as you need. All owners and members are entitled to a free quick start session, which gives expert fitness advice – and you'll walk away with a personalised health and well being plan.

