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| | Start Time | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|--|--|---|---|---|---|
| A.M | 6.00 am |  | | | |  | |
| | 6.30 am | | | | | |  |
| | | | | | | |  |
| | 7.30 am |  |  |  |  |  |  |
| | | | | | |  |  |
| | 8.00 am |  |  |  | |  | |
| | 8.30 am | | | |  | |  |
| 9.00 am |  | | | |  | | |
| 9.30 am |  |  |  |  |  | | |
| P.M | 6.00 pm |  |  | |  | | |
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| | | |  | |  | | |
| | 6.30 pm |  |  |  | | | |
| 7.00 pm | |  | | | | | |

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|  | <p>Rise and shine spin for the early morning fitness fanatics and regular spin are great classes for any fitness level. You control the speed and resistance of the bike so YOU are in control of how hard you're working! Spin class is a low impact cardiovascular workout (it will make you 'huff and puff' without running or other high impact exercises) and is also great for lower body toning. The class is choreographed to music, so each track is a different riding experience- hill climbs, sprints, time trials . TIME LENGTH/VENUE: 45 minutes, Spin room opposite reception. WHAT YOU BRING: Yourself, towel, water bottle, tights/bike pants/skins (optional).</p> |  | <p>Come & join the Zumba party! The dance craze has hit Australian Crawl, and women (and men) of all shapes and sizes are discovering a full body workout can be FUN! Swinging those hips, waving those arms to the beat of some great Zumba tunes will give you full body toning as well as an enjoyable exercise session. TIME LENGTH/VENUE: 60 minutes, Tennis court 1 (evenings), Uncovered area outside the gym (mornings) WHAT TO BRING: Yourself, closed in shoes please, towel , water bottle. ** Bad weather on either of the evening sessions will force the class to be moved under the covered area outside the gym and be capped (max of 30 people).</p> |
|  | <p>Aqua Zumba incorporates dance & fitness moves from Zumba bringing a unique experience to aqua fitness. Accompanied by fun, upbeat music, Aqua Zumba® makes exercising seem like a pool party! Exercising in the water gives you the same benefits without the high impact. Because of the resistance of the water, movements will be slower than in a regular Zumba class, yet they can be just as intense. Give it a go! TIME LENGTH/VENUE: 45 minutes, Indoor heated 25m pool. WHAT TO BRING: Yourself, togs, towel, water bottle, aqua shoes/socks (optional).</p> |  | <p>If you're after a fun alternative to the usual cardio exercises you see in the gym, come along to cardio thump & experience the fitness benefits of BOXING! Not only do you get a great cardio workout, but you can relieve some tension when you punch those pads! We welcome beginners with no experience all the way through to experienced boxers, so come and give it a try (and bring a friend too!). TIME LENGTH/VENUE: 60 minutes, outside the gym (undercover area). WHAT TO BRING: Towel, water bottle, boxing inners, boxing gloves & pads (optional).</p> |
|  | <p>A popular, fun, low impact exercise class set to music. Aqua consists of a range of upper and lower body muscle strengthening exercises, With the added benefits of water buoyancy the pool is perfect for people with joint pain/injury. TIME LENGTH/VENUE: 45 minutes, Indoor heated 25m pool. WHAT TO BRING: Yourself, togs, towel, water bottle, aqua shoes/socks (optional).</p> |  | <p>A popular, fun, low impact exercise class conducted in our heated 25m pool. Seniors Aqua is less vigorous and is recommended for elderly and people with limited range of movement due to previous injury. All aqua classes have great music to workout to, and are on several times throughout the week. TIME LENGTH/VENUE: 30 minutes, Indoor heated 25m pool. WHAT TO BRING: Yourself, togs, towel, water bottle aqua shoes/socks (optional).</p> |
|  | <p>Yoga is a fantastic way to increase your flexibility and relax both body and mind. Yoga is based around 'life philosophy' encompassing a series of poses beneficial to the workings of the body and the mind-body connection. TIME LENGTH/VENUE: 75 minutes, Group Fitness room. WHAT TO BRING: Yourself, Water bottle, towel, yoga mat (optional).</p> |  | <p>A modification on your usual 'boxercise' class that includes kickboxing, boxing and lower body strengthening. It is another alternative to typical cardio workouts and is great for lower body toning. TIME LENGTH/VENUE: 60 minutes, Outside the gym (undercover area). WHAT TO BRING: Yourself, towel, water bottle, boxing inners (optional)</p> |
|  | <p>Australian Crawls' very own Group Fitness creation is the Pedal and Pump class. A combination of spin bike cardio work, transitioning into a mixture of running cardio, body weights exercises and abdominal exercises. You will be guaranteed a full body fat burning workout each and every time. TIME LENGTH/VENUE: 60 minutes, spin room + outdoors around the complex. WHAT TO BRING: Yourself, towel, water bottle, hat (optional).</p> |  | <p>Raw, rough & old school exercises are involved in this outdoor class. You are always being encouraged to work just that little bit harder. You never know what to expect from a boot camp session, the only thing that is certain, is that you will ALWAYS get a fantastic full-body workout. TIME LENGTH/VENUE: 60 minutes, outside the gym (undercover area). WHAT TO BRING: Yourself, towel, water bottle.</p> |
|  | <p>A class for our mature and motivated gym members. Easy beats combines aerobics, step, fitball and core work to create a moderate to high intensity workout without high impact on the body. A great full body workout! TIME LENGTH/VENUE: 60 minutes, Group Fitness Room. WHAT TO BRING: Yourself, towel, water bottle.</p> |  | <p>If you're looking for a great start to your morning, look no further that Cardio Blast. Cardio Blast will provide cardiovascular training that's not just the typical running or bike riding. Think hard core cardio giving you the refreshed feeling of a morning workout so you're ready for the day ahead. TIME LENGTH/VENUE: 60 minutes, Group fitness room/Outside of the gym. WHAT TO BRING: Yourself, towel, water bottle.</p> |
|  | <p>A weights-based circuit class that is great for strengthening and toning, all areas of the body. You will come away feeling like you've accomplished something. This is purely a weights class, but you will still be challenged and burn hundreds of calories! Transform the body you have for the one you want. TIME LENGTH/VENUE: 60 minutes, weights area in the gym. WHAT TO BRING: Yourself, towel, water bottle, weights gloves (optional).</p> |  | <p>Back by popular demand is our Powerbar (or Pump) class! Using a weighted bar, exercise steps & bodyweight; POWERBAR is one of the best group exercise classes you can do for calorie burning & muscle toning. Each section of the body is choreographed to an exercise track, so you quite literally get a full body workout! TIME LENGTH/VENUE: 45 minutes, Uncovered area outside the gym WHAT YOU BRING: Yourself, towel, water bottle.</p> |
|  | <p>Deep water aqua is a more intense aqua aerobic workout to great music, using aqua belts and noodles. TIME LENGTH/VENUE: 30 minutes, Indoor 50m lap pool. WHAT TO BRING: Yourself, togs, towel, water bottle.</p> | | |

25m Pool is NOT AVAILABLE between the following times: ☺ 3:30pm – 5:00pm Weekdays & 6:30am – 9:00am Saturday.

☺ During ALL Aqua Classes

50m Pool is NOT AVAILABLE between the following times: ☺ 5:00pm-6:00 pm

*NB Please check the monthly calendar at front reception for carnivals and school bookings. Also please note the 25m pool will be closed during ALL aqua classes.

Current as of the 24th October 2011

