

# LAGUNA HEALTH CLUB

## FITNESS CLASS TIMETABLE

| MONDAY   | TUESDAY   | WEDNESDAY                                     | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY  |
|--|---|---|--|---|--|---|
| <b>CIRCUITS</b><br>07:15 - 08:00<br>ERTHAN       | <b>CIRCUITS</b><br>07:30 - 08:00<br>BRYAN       | <b>LAGUNA CYCLE</b><br>07:15 - 08:00<br>NIA   | <b>X-FIT</b><br>07:15 - 08:00<br>JAMES               | <b>CIRCUITS</b><br>07:30 - 08:00<br>CAMERON     | <b>STRENGTH &amp; CONDITIONING</b><br>10:00 - 10:45<br>CAMERON | <b>CIRCUITS</b><br>10:00 - 10:30<br>BRYAN     |
| <b>FIT FOREVER</b><br>10:00 - 10:30<br>ETHAN     | <b>X-FIT</b><br>13:00 - 13:45<br>JAMES          | <b>FIT FOREVER</b><br>10:00 - 10:30<br>NIA    | <b>YOGA</b><br>12:00 - 12:45<br>CLAUDIA              | <b>FIT FOREVER</b><br>10:00 - 10:30<br>CAMERON  | <b>CIRCUITS</b><br>13:00 - 13:30<br>ETHAN                      | <b>LAGUNA CYCLE</b><br>13:00 - 13:30<br>ETHAN |
| <b>AQUA FIT</b><br>10:45 - 11:30<br>ETHAN/ FFION | <b>X-FIT</b><br>17:45 - 18:30<br>JAMES          | <b>AQUA FIT</b><br>10:45 - 11:30<br>NIA       | <b>STRENGTH &amp; CORE</b><br>17:45 - 18:30<br>BRYAN | <b>AQUA FIT</b><br>10:45 - 11:30<br>CAMERON     |  |   |
| <b>YOGA</b><br>12:00 - 12:45<br>CLAUDIA          | <b>CORE STABILITY</b><br>18:30 - 18:45<br>JAMES | <b>LAGUNA CYCLE</b><br>17:45 - 18:15<br>BRYAN | <b>YOGA</b><br>18:30 - 19:30<br>KALBIR               | <b>LAGUNA CYCLE</b><br>12:30 - 13:00<br>CAMERON |  |   |
| <b>LAGUNA CYCLE</b><br>17:15 - 17:45<br>FFION    | <b>YOGA</b><br>18:30 - 19:15<br>CLAUDIA         | <b>PILATES</b><br>18:30 - 19:15<br>KALBIR     |  | <b>HIIT STRENGTH</b><br>17:15 - 17:45<br>ETHAN  |  |   |
| <b>X-FIT</b><br>17:30 - 18:15<br>JAMES           |   |   |  | <b>PILATES</b><br>18:00 - 18:45<br>LIA          |  |   |
| <b>CALISTHENICS</b><br>17:45 - 18:30<br>FFION    |   |   |  |   |  |   |
| <b>PILATES</b><br>18:30 - 19:15<br>LIA           |   |   |  |   |  |   |

**\*NEW CLASSES**

**\*PT'S TAKING CLASSES ARE SUBJECT TO CHANGE**

# CLASS DESCRIPTION

## AQUA FIT

The ultimate class to burn calories and have fun all in one! With the music turned up, join the ultimate pool party!

## FIT FOREVER

Our expert Fitness Team will help keep you forever young! With a range of movements that can aid your everyday life, and help keep you fit.

## PILATES

By definition, Pilates is a system of repetitive exercises performed on a mat or other equipment to promote strength, stability, and flexibility.

## AB BLAST

Focus on your core, with this holistic style class designed to help improve your overall posture. Learn how to stabilise and engage your core through a series of movements both on and off the floor.

## LAGUNA CYCLE

Join our Fitness Team on the bike for this fun mix of high intensity sprints & uphill climbs, this class is sure to get your heart rate going!

## X-FIT

Is a high energy gym floor class that is designed to be challenging, functional, progressive and fun! The class will have a focus, such as strength, cardio or fighting skills and will then utilise the corresponding equipment.

## YOGA

Our instructors are highly trained and use a variety of yoga styles, from hatha, to yin, to ashtanga to name a few.

## CIRCUITS

A workout that involves rotating through various exercises targeting different parts of the body. Focusing on different muscle groups in a short amount of time.

## STRENGTH & CONDITIONING

To understand the general seven sports training principles: overload, reversibility, progression, individualization, adaptation, specificity and recovery.

## CORE STABILITY

To improve the ability to create extremity movement without compensatory movements of the spine or pelvis.

## CALISTHENICS

A dynamic training style that uses your bodyweight to build strength, boost mobility, and improve endurance, combining foundational strength work with explosive skill based challenges.