

# Aqua Jetty Tween Membership

## Group Fitness

Tween

| Time    | Monday                        | Tuesday                           | Wednesday                         | Thursday                      | Friday                              | Saturday                         | Sunday                          | Time    |
|---------|-------------------------------|-----------------------------------|-----------------------------------|-------------------------------|-------------------------------------|----------------------------------|---------------------------------|---------|
| 5.50am  |                               |                                   |                                   |                               | <b>LES MILLS<br/>BODYATTACK</b>     |                                  |                                 | 5.50am  |
| 8am     |                               |                                   |                                   |                               |                                     | <b>LES MILLS<br/>BODYCOMBAT</b>  |                                 | 8am     |
| 8.45am  |                               |                                   |                                   |                               | 9.05AM START                        |                                  | <b>New LES MILLS<br/>CORE *</b> | 8.45am  |
| 9am     |                               |                                   |                                   | <b>LES MILLS<br/>CORE #</b>   | <b>New LES MILLS<br/>BODYCOMBAT</b> |                                  |                                 | 9am     |
| 9.15am  | <b>LES MILLS<br/>BODYSTEP</b> |                                   | <b>LES MILLS<br/>BODYATTACK *</b> |                               |                                     | <b>LES MILLS<br/>BODYSTEP *</b>  |                                 | 9.15am  |
| 9.30am  |                               |                                   |                                   | <b>LES MILLS<br/>BODYSTEP</b> |                                     |                                  |                                 | 9.30am  |
| 10.15am |                               | <b>LES MILLS<br/>CORE *</b>       |                                   |                               |                                     |                                  |                                 | 10.15am |
| 11.10am |                               |                                   |                                   |                               |                                     | <b>LES MILLS<br/>BODYBALANCE</b> |                                 | 11.10am |
| 4pm     |                               |                                   |                                   | <b>Boxing *</b>               |                                     |                                  |                                 | 4pm     |
| 4.15pm  | <b>Cardio Blitz *</b>         |                                   |                                   |                               |                                     |                                  |                                 | 4.15pm  |
| 5pm     |                               | <b>LES MILLS<br/>BODYATTACK #</b> |                                   | <b>LES MILLS<br/>CORE *</b>   |                                     |                                  |                                 | 5pm     |
| 5.30pm  |                               | <b>LES MILLS<br/>CORE #</b>       |                                   |                               |                                     |                                  |                                 | 5.30pm  |
| 6pm     | <b>LES MILLS<br/>BODYSTEP</b> |                                   |                                   |                               |                                     |                                  |                                 | 6pm     |
| 7pm     |                               |                                   | <b>ZUMBA</b>                      |                               |                                     |                                  |                                 | 7pm     |

Online bookings open 48 hours in advance of class times for members, 12 hours in advance for guests.  
Timetable key: #30 minute class. \*45 minute class. All other classes are 60 minutes.

## Class Descriptions

|                        |                                                                                                                                                                                                                                                                                           |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Boxing                 | Includes functional fitness training to gain improvements in muscular and cardiovascular endurance while also maintaining a high level of aerobic and anaerobic conditioning, using pads and gloves.                                                                                      |
| Cardio Blitz           | A fun energetic workout for all fitness levels with a mix of easy to follow cardio intervals, functional movements and motivating music to get your heart rate up and leave you feeling strong and energised.                                                                             |
| Les Mills Body Attack  | This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter. |
| Les Mills Body Balance | Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.                                                                                                   |
| Les Mills Body Combat  | An energetic program inspired by martial arts and draws from disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Strike, punch, kick and kata your way through calories.                                                                                                |
| Les Mills Body Step    | A mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout.                                                             |
| Les Mills CORE         | Tone and conditions your abs, glutes and back, and improve posture and movement control. Utilising weight plates and body weight exercises like crunches, planks and hovers.                                                                                                              |
| Zumba                  | Combining Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training.                                                                                                                     |