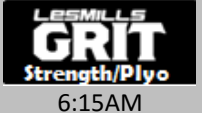




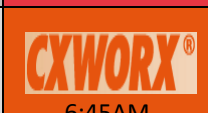
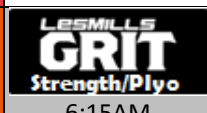



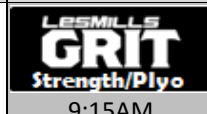
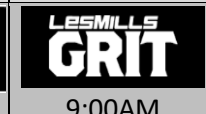




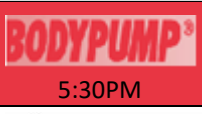

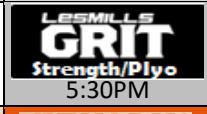



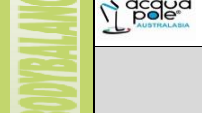




GROUP EXERCISE TIMETABLE

































Commencing 17th October 2016

	MON	TUE	WED	THU	FRI	SAT
6AM	 6:15AM	 6:15AM	 6:05 & 6:35AM		 6:15AM	
		 6:45AM	 6:15AM			
7AM						
8AM						
9AM					 9:15AM	 9:00AM
10AM						
11AM						
12PM						
1PM						
2PM	Aqua		Aqua			
3PM						
4PM						
5PM	 5:30PM		 5:30PM			
6PM	 		 6:00PM	5:45PM Aqua		
7PM				6:15PM		



GROUP EXERCISE GUIDE



Come and join in Vitality's numerous Group Exercise classes, there's something for everyone no matter what your goal!		Burn Fat & Weight Loss	Endurance	Strength	Flexibility/ Mobility	Speed & Agility
	The fastest way to change your body shape, Pump is a high-energy class that is guaranteed to individually challenge participants, giving people that sense of achievement, whilst having a good time.					
	A 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super-fast.					
	Aqua is a challenging and high energy class, the best low impact way to exercise, due to the significant reduction of the jarring effects on the body.					
	Acquapole classes are a fun, versatile and modular way to carry out over 150+ exercises that shape and tone the abdomen, shoulders and hips.					
	Dynamic core training based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core.					
	Is a Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centred and calm.					
	This class is a combination of both Strength and Cardio. Strength being a component of a Pump Class and Cardio being a component of a Knockout class.					
	Knockout is an exhilarating boxing style class guaranteed to tone, shape and improve fitness like no other. So if you want to drop a few kilo's or tone up like never before, give it a go!	