


























# Fit for Swim Plus

*Are you a Fit for Swim Plus member? Take advantage of these low impact indoor fitness classes this winter.*

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>8.00am</b>	1  <b>BOOMERS</b>		1  <b>BOOMERS</b>		1  <b>BOOMERS</b>		
<b>8.15am</b>	5  <b>AQUA LITE</b>	5  <b>AQUA FIT</b> 2  <b>MOVEABILITY CIRCUIT</b>	5  <b>AQUA LITE</b>	5  <b>AQUA FIT</b> 2  <b>MOVEABILITY CIRCUIT</b>	5  <b>AQUA LITE</b>		
<b>8.45am</b>	2 <b>LES MILLS RPM</b> 30						
<b>9.00am</b>						5  <b>AQUA FIT</b>	
<b>9.15am</b>	5  <b>AQUA FIT</b>	5  <b>AQUA MARA</b>	5  <b>AQUA FIT</b>	5  <b>AQUA MARA</b>	5  <b>AQUA FIT</b>		
<b>10.00am</b>						7  <b>YOGA ROLLOUT</b>	
<b>10.25am</b>	1 <b>LES MILLS BODYBALANCE</b>		1 <b>LES MILLS BODYBALANCE</b> 2  <b>SPIN</b> 30		7  <b>ZEN YOGA</b> 1  <b>PILATES</b>		
<b>11.30am</b>		1  <b>HEART FIT</b>	1  <b>CHI FLOW TAI CHI</b>	1  <b>HEART FIT</b>			
<b>1.00pm</b>		1 <b>TAI CHI FOR ARTHRITIS</b>					
<b>6.15pm</b>	5  <b>AQUA FIT</b>		5  <b>AQUA FIT</b>				

## Locations

1. Studio 1
2. Studio 2
3. Outdoor Gym
4. Gym
5. Pools
6. Yoga Studio
7. Swim Club Rooms