

# GROUP FITNESS TIMETABLE



EFFECTIVE FROM 29 JUNE 2020

PLEASE NOTE - WE WILL AS WE CONTINUE TO REACTIVE SERVICES WE WILL CONTINUE TO MONITOR AND DEVELOP OUR GROUP FITNESS TIMETABLE TO MEET CUSTOMERS HEALTH AND FITNESS NEEDS

PLEASE FEEL FREE TO PROVIDE YOUR FEEDBACK TO OUR STAFF AND INSTRUCTORS TO HELP SHAPE OUR FUTURE GROUP FITNESS OFFERINGS

## GROUP FITNESS ROOM

|         | MONDAY              | TUESDAY             | WEDNESDAY        | THURSDAY         | FRIDAY           | SATURDAY         |
|---------|---------------------|---------------------|------------------|------------------|------------------|------------------|
| 6.30am  |                     | <b>SPIN</b>         |                  |                  | <b>PILATES</b>   |                  |
| 8.30AM  |                     |                     |                  |                  |                  | <b>BODY STEP</b> |
| 9.15AM  | <b>BODY PUMP</b>    | <b>PILATES</b>      |                  | <b>BODY STEP</b> | <b>BODY PUMP</b> |                  |
| 10.30AM | <b>BODY BALANCE</b> |                     |                  |                  |                  |                  |
| 5.30PM  |                     | <b>BODY BALANCE</b> | <b>BODY PUMP</b> | <b>SPIN</b>      |                  |                  |

The safety of our community is vital, so there will be a few changes when you arrive at the facility to keep us all safe and ensure we comply with Government restrictions. These will include:

- We'll have spaces for a maximum of 10 people in all Group Fitness classes
- Bookings will open 3 days in advance to allow for booking
- Group Fitness classes will run for 45 minutes to allow for a 15-minute changeover and sanitisation period between each session
- Towels are compulsory, please ensure you bring one to all Group Fitness classes
- Please bring a full water bottle for your workout – our drinking fountains remain closed currently
- We ask that anyone attending a Yoga or Pilates class bring their own mat – we will not have mats available for use.
- Access to our change rooms will be available, however we ask that you don't use the change room unless essential to assist with our COVIDsafe requirements including patronage numbers and time limits
- We require all patrons to exit the facility within the one hour limit in order to stay within our patronage limits.
- As such we request that you shower before you visit the centre, arrive ready to exercise, bring your own water bottle and towel and be prepared for a prompt exit
- Please ensure you do not start queuing until 5 minutes before your session start time to ensure you are lining up with the correct group. It will also mean you don't have to wait too long in one of our waiting areas while we ensure the facility is ready for your booking.