

# Wulanda Group Fitness Timetable

Holiday Timetable - valid from 16 December 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00am		Strength (45min) Level 1 Gym	Speed (45min) Level 1 Gym	Resistance (45min) Level 1 Gym	Boot Camp (45min) Court 6
8.00am	Power Circuit (45min) Level 1 Program Room	Womens Fitness(45min) Level 1 Program Room		Spin (45min) Level 1 Program Room	
9.00am	Aqua Aerobics(45min) Warm Water Pool	Aqua HIIT(45min) 25m Pool	Aqua HIIT(45min) Warm Water Pool		Aqua Aerobics(45min) Warm Water Pool
	Spin (45min) Level 1 Program Room				
10.00am	Core & More (30min) Level 1 Program Room		Mindful Movement (45min) Level 1 Program Room		Functional Strength (45min) Level 1 Program Room
10.30am	Stretch & Flex (30min) Level 1 Program Room				
11.30am	Active Adults (45min) Level 1 Gym	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Program Room	
12.30pm		Strength (45min) Level 1 Gym	Speed (45min) Level 1 Gym	Resistance (45min) Level 1 Gym	
4.00pm	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym
5.15pm		Aqua HIIT(45min) Warm Water Pool	Aqua HIIT(45min) Warm Water Pool	Aqua Deep(45min) 25m Pool	
5.30pm			Strength & Conditioning (45min) Level 1 Program Room	Boxing (45min) Level 1 Program Room	
6.00pm	Cardio Blast (45min) Level 1 Gym	Strength (45min) Level 1 Gym	Speed (45min) Level 1 Gym	Resistance (45min) Level 1 Gym	
6.30pm		<b>LES MILLS</b> Body Pump (45min) Level 1 Program Room	Power Circuit (45min) Level 1 Program Room	<b>LES MILLS</b> Body Pump (45min) Level 1 Program Room	

\*\* PLEASE NOTE : There are no Group Fitness Classes from 4pm Tuesday 24 December 2024 until Wednesday 1 January 2025.  
Classes resume at 7am Thursday 2 January 2025



# Wulanda Group Fitness Classes

## Class Guide for Members

Our group training and classes are suited to all levels of ability & fitness. Variations can be provided and you are encouraged to go at your pace. Our Fitness Professional team will guide you through each session so that you will both enjoy and experience the benefits of exercise.

All classes include a warm up and cool down with the majority of the classes being 45 minute sessions.

### GYM FLOOR PROGRAMS

<b>Cardio Blast - SGT</b>	Raise your heart rate through high rep and low weight interval programs lead by one of our trainers.
<b>Strength - SGT</b>	Focus on making you stronger. Weight based programs using free weights and machines.
<b>Speed - SGT</b>	A faster paced version of Cardio for those wanting a little more challenge.
<b>Resistance - SGT</b>	Engage and use your muscles and own body weight with lower reps for an all over body workout.
<b>Active Adults</b>	Our Programmed sessions dedicated to the 50+ age group. Focused on core strength and low impact movements.
<b>Teen Gym</b>	A dedicated session for our Teen Gym Members to train with support and guidance from a Trainer.

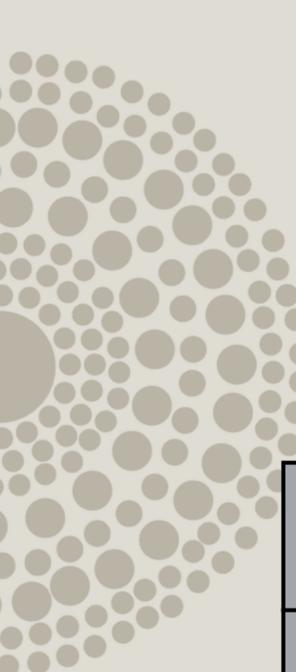
### AQUATIC FITNESS PROGRAMS

<b>Aqua HIIT</b>	Aqua HIIT is a high intensity interval workout, this fast pace class keeps you moving with minimal rest
<b>Aqua Aerobics</b>	Aqua aerobics is a cardiovascular workout, that slowly increase intensity to get your heart rate up. With variations of every exercise you can either go for a more intense or slower worker out.
<b>Aqua Deep</b>	Aqua deep is an intense cardio workout performed in the 25m pool. The program is designed for those wanting a harder workout the stress on your joints.



# Wulanda Group Fitness Classes

## Class Guide for Members



### GROUP FITNESS PROGRAMS

Power Circuit	Circuit Training at its best! Combining Strength, speed and cardio. Move around the stations for a workout with variety and challenge.
Spin	Hop on the Spin bike for a small Instructor lead Cardio workout! BURN up to 800 calories per class!
Core & More -30 minute class	Tighten, tone and strengthen your core muscles from every angle in this express abdominal blast!
Stretch & Flex - 30 minute Class	A guided stretch and flexibility class where you will learn how to improve your recovery and flexibility.
Womens Fitness	Precise movements, controlled breathing, and muscle engagement targeting pelvic floor health, improved posture, stability and body awareness.
Mindful Movement	A slow class designed for those new to group fitness or exercises, with the same program for numerous weeks allowing members to work on exercises and understand correct form.
Strength & Conditioning	A class focused on the lifting technique and form. This class is designed for those wanting to improve their strength.
Boxing	Get the heart rate pumping as we move through a combination of pad-work, cardio and boxing technique.
Boot Camp	This intense workout is a full body cardio strength mix and will push you to achieve your goals.
Functional Strength	A class designed to help you build strength, build lean muscle and improve your weightlifting technique.
<b>LES MILLS</b> Body Pump	The original Barbell class that strengthens and tones your entire body. Using light to moderate weight with high repetition training challenges small and large muscle groups while being motivated by modern and inspiring music.