

Monday 23/4 6am-9pm	Tuesday 24/4 6am-9pm	Wednesday 25/4 1pm-6pm	Thursday 26/4 6am-9pm	Friday 27/4 6am-7.30pm	Saturday 28/4 8am-6.00pm	Sunday 29/4 8am-6.00pm	
 6.10am SPIN Trish	6.10am  Trish	ANZAC DAY Opening Hours: 1pm-6pm	 6.10am SPIN Michelle C	6.10am  Emma Jean	 8.10am SPIN Ali	8.10am  Tanya	
6.15am Deep Water Aqua Danielle	7.10am  Nick		 7.10am MAT PILATES Daniela	6.15am Deep Water Aqua Tanya	9.10am  Nadia	 9.10am SPIN Rachel	
 7.10am MAT PILATES Daniela	8.30am Shallow Water Aqua Danielle		1:10pm  Lisa	8.30am Shallow Water Aqua Tanya	7.10am  Hannah	9.10am Deep Water Aqua Danielle	10.10am  Nadine
 8.15am SENIOR CIRCUIT Anna-Maria	9.30am Deep Water Aqua Anna-Maria			9.30am Deep Water Aqua Tanya	8.15am  Nadia	9.45am  Michelle C	11.15am  Prue
9.30am  Danielle	9.30am  Yvette			9.30am  Anna-Maria	9.30am  Prue	 11.00am MAT PILATES Daniela	4.00pm  Emma Jean
9.30am Deep Water Aqua Peter	10.35am  Anna-Maria			10.05am  Peter	9.30am Deep Water Aqua Anna-Maria	 12.00pm BOXING Peter	
12.15pm  Anna-Maria	12.15pm  Danielle			 12.15pm MAT PILATES Daniela	10.35am  Danielle	4.00pm  Tanya	
 12.45pm SPEED SPIN (30) Michelle C 	4.30pm  Michelle C			4.30pm  Kelliann	12.15pm  Anna-Maria	 Doone Kennedy HOBART AQUATIC CENTRE	
4.30pm  Hannah			5.20pm  Lisa				
5.35pm  Michelle C	5.35pm  Prue			5.55pm  Lisa	 4.30pm YOGA Ali		
 6:40pm Yoga Ali	6.15pm Deep Water Aqua Hannah		6.15pm Deep Water Aqua Hannah				
	6.40pm  Peter				 GROUP FITNESS TIMETABLE WEEK ENDING 11 th March 2018 @the.hobart.aquatic.centre		

CLASS NAME	DURATION	CLASS DESCRIPTION			
		CXWORX® is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body. CXWORX® will leave you looking good and feeling strong.			
					GRIT™ is 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. The short sharp demanding exercises combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.
		BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it... eventually.			
				RPM™ is a 45 minute indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.	
				BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor.	
				BODYPUMP® is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!	
				BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.	
		BODYCOMBAT* is the energising workout that will get you punching and kicking your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. It will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.			
		The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.			
SPIN		Stationary Indoor cycling work-out designed to increase cardiovascular fitness and endurance, burn fat and tone the legs and butt.			
SPEED SPIN 30		Stationery Indoor Cycling with a high intensity, interval focus.			
MAT PILATES		Pilates will enhance postural alignment, coordination, strength and flexibility. Bookings are required for shaded classes.			
YOGA		Lengthen, strengthen, and rejuvenate your body, mind, and spirit with a combination of traditional Hatha, Vinyasa, and Yin Yoga. You will walk away feeling restored and released. Suitable for beginners through to advanced.			
SENIOR CIRCUIT		A class designed for older adults. Mixing some easy-going aerobic style exercises with functional training to keep you fit and strong and improve bone density.			
*Red Flags		We are now operating a system whereby classes with low attendance will be highlighted by a red flag on the roster. This flag is designed to generate new support for the class and to boost attendances, giving members the opportunity to keep the classes they truly enjoy. Where attendances remain under 30% of capacity for a 6 week period, classes may be removed, or formats changed. We welcome suggestions for changes or new formats for the replacement classes. Feedback can be delivered in person to the gym staff or by email to dkhac@hobartcity.com.au			
CLASS NAME	DURATION	CLASS DESCRIPTION			
DEEP WATER AQUA		Wear a flotation belt and work as hard as you can. Includes use of noodles and aqua dumbbells for a variety of exercises. Suitable for athletes, general population and rehabilitation. No impact.			
SHALLOW WATER AQUA		A shallow water class conducted in our 25m pool which ranges from 1m – 1.4m deep. Includes use of noodles and aqua dumbbells for a variety of exercises. Suitable for all ages and fitness levels. Light impact is involved in this class.			