

# Class Schedule

## Feb '25

Starting: 01/02/25

escape  
HEALTH CLUB & SPA

at



Mon	Tue	Wed	Thu	Fri	Sat
	9-9:30am Aqua Aerobics		9 -9:30am Aqua Aerobics	9- 9:30am Aqua Aerobics	
9:30 - 10am Mobility & Core	9:45-10:15am Aqua Aerobics			9:45-10:15am Aqua Aerobics	10:30-11:30am Yoga (Alanna) *****
	4pm-6pm Swimming Lessons **	4:30-5:30pm Kids Zumba *****	4pm-6pm Swimming Lessons **		
6:15-7pm Sculpt & Tone				6-6:30pm Stretch & Strengthen	
7:15-8:15pm Zumba (Rebecca) *****	7-8:30pm Yoga (Clare)	7-7:45pm HIIT	7-8pm Zumba (Rebecca) *****	7-7:45pm Body Burn	

**“You’re only one workout away from a good mood”**

\*\*\*\*\* Denotes classes by external instructors

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# CLASSES

## Aqua Aerobics

A low impact, high energy workout suitable for all ages, skill and fitness level. Using resistance from the water, as well as specially designed equipment, you're sure to get a great workout.

## Body Burn

A full body weighted workout using light to moderate weights with lots of reps. Perfect for those wanting to lose fat and tone up as it challenges your major muscle groups as you squat, press, lift and curl.

## Mobility & Core

A moderate intensity and low impact class with stretching and mobility work, as well as lower body and core strengthening exercise.

## HIIT

High intensity interval training is a workout that alternates between intense bursts of activity and fixed periods of less intense activity which allows recovery.

## Sculpt & Tone

A moderate intensity workout, focusing on adding definition to your physique with higher reps and lower weight. This workout will help improve your circulation, metabolism and caloric burn, further enhancing the shape and definition of your muscles.

## Stretch & Strengthen

A class designed to work on your functional strength & mobility through intentional movement. Challenge your core strength, balance and mobility with our high intensity, low impact workout. Perfect to supplement an athletic lifestyle or as a foundation for your fitness journey.

### BOOKING IS ESSENTIAL

Our class bookings are booked through our WhatsApp group. Please scan the QR code for access to classes.

Rebecca -  
0851403387

Clare -  
0877755649

Alanna -  
0838632625

Turtle Tots  
016933422

