

Master Fitness Aerobic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am	Aquafit	Aquafit		Aquafit			
9:15am	Muscle Fusion Tracey		Muscle Pump Laura	Total Body Sculpt Andrea	Yoga Katy		
10:00am						Spin Denise	Power Room
10:15am	Yoga Tracey		Yoga Ruth		Spin Andrea/Laura		
Noon		Tai/Yoga Stephen					
5:30pm	Muscle Pump Laura		Total Body Sculpt Andrea				
7:00pm	Karate	Karate (2 hours)	Tai Chi	Karate (2 hours)			
7:30pm	Aquafit		Aquafit				

Classes highlighted in Pink are an extra charge. See Reception for details. All classes one hour unless specified.

ALL CLASSES ARE SUITABLE FOR ANY FITNESS LEVEL

Muscle Fusion – A different class format every week combining cardio, endurance and strength.

Muscle Pump – A muscle conditioning workout designed to build strength, definition and lean muscle mass.

Total Body Sculpt – Improves cardio endurance as well as muscular strength. Multi-joint exercises in a variety of HIIT formats using free weights, body bars, Swiss balls, step and other equipment.

Spin – Challenging and fun indoor cycling with motivating playlists that energize as you burn calories.

Yoga – Develop strength, flexibility, breath and relaxation through a mindful yoga practice.

Tai / Yoga - Get into shape safely by toning up, increasing strength and flexibility while relieving stiffness and stress. This class will improve balance, posture, body alignment and develop more body awareness. Relax, rejuvenate and feel energized!