

FITNESS TIMETABLE

No booking required, just turn up*

Residents welcome to all classes

Sunday

Tai Chi 9 – 10am

Tai Chi. Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. Suitable for everyone.

Monday

Tone and Firm 10.30 – 11.30am

Kick start your week with this circuit session designed to tighten and tone your body, led by Cory

Tuesday

Pilates 9 – 10am

Stretch with strength and control. Low impact physical conditioning class for all levels.

Wednesday

Yoga 8 – 9am

Vinyasa flow yoga with Bayfitness. The best start to the day.

Thursday

Yoga 7.15 – 8.15pm

Evening yoga with Bayfitness.

Friday

Pilates 8.30 – 9.30am

Stretch with strength and control. Low impact physical conditioning class for all levels.

Saturday

Yoga 8 – 9am

Vinyasa flow yoga with Bayfitness. The best start to the day.

* Subject to change.

All our fitness classes are designed for all fitness levels and abilities. If weather permits classes will be outside. Bootcamp and kids fitness club may be taken to the beach. Please let the instructor know beforehand of any injuries or contraindications you have.

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Indoor pool swimming times

School holidays

Adults - residents and members	6.30am - 9am
Families including children	9am - 6pm
Adults - residents and members	6pm - 9.30pm

Non-School holidays

Adults - residents and members	6.30am - 9am
Family swim - residents and members	9am - 10.30am
Adults - residents and members	10.30am - 3pm
Family swim - residents only	3pm - 5.30pm
Adults - residents and members	5.30pm - 9.30pm

Last entry to the pool is 9pm. Facilities close at 10pm

Outdoor pool

Open May - September	8am - 8pm
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