

GROUP EXERCISE CLASSES

TIMETABLE

FROM
APRIL 2

		MON	TUES	WED	THURS	FRI
GROUP EXERCISE	06:30	Functional Training (45 mins)		Functional Training (45 mins)		Functional Training (45 mins)
	09:30		Functional Training (45 mins)		Functional Training (45 mins)	
	17:30	Pilates (55 mins)			Yin Yoga (55 mins)	
	18:00					

Functional Training

Experience a high-intensity session that combines cardio, strength, and functional movements to challenge your body and ignite your metabolism.

Pilates

A total body workout focusing on strength, mobility, endurance, body alignment and breath control. Performed on the floor you'll feel strong, streamlined and invigorated after this workout.

Yin Yoga

Calm the mind and incorporate breath with movement while strengthening, stretching and nourishing your body. Suitable for those seeking a regular class that is gentle, with less heat.

Coming Soon

Aquatic exercise classes are coming soon.

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.



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For more information on how to get started on Active World visit our website www.inverellaquaticcentre.com.au.
For further assistance and to get in touch with us, use our online enquiry form or speak to us at reception.



Inverell Shire
Aquatic Facilities



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