

WATER CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUN
<b>Swim Pace</b> 5:15am - 6:45am 50 Metre Pool <b>Gary</b>	<b>Swim Pace</b> 5:15am - 6:45am 50 Metre Pool <b>Gary</b>		<b>Swim Pace</b> 5:15am - 6:45am 50 Metre Pool <b>Gary</b>		
<b>Swim Pace</b> 9:00am - 10:30am 50 Metre Pool <b>Gary</b>	<b>Swim Pace</b> 9:00am - 10:30am 50 Metre Pool <b>Gary</b>		<b>Swim Pace</b> 9:00am - 10:30am 50 Metre Pool <b>Gary</b>		
	<b>Aqua Zumba*</b> 9:30am - 10:30am 25 Metre Pool <b>Cassie</b>				
<b>Deep Aqua</b> 9:30am - 10:15am Dive Pool <b>Marg M</b>	<b>Deep Aqua</b> 9:30am - 10:15am Dive Pool <b>Teresa</b>	<b>Deep Aqua</b> 9:30am - 10:15am Dive Pool <b>Marg C</b>	<b>Deep Aqua</b> 9:30am - 10:15am Dive Pool <b>Michelle</b>	<b>Deep Aqua</b> 9:30am - 10:15am Dive Pool <b>Michelle</b>	
<b>Aqua Pilates*</b> 10:30am - 11:20am 25 Metre Pool <b>Marg M</b>	<b>Shallow Aqua</b> 10:30am - 11:15am 25 Metre Pool <b>Teresa</b>	<b>Gentle Aqua</b> 10:30am - 11:15am 25 Metre Pool <b>Marg C</b>	<b>Shallow Aqua</b> 10:30am - 11:15am 25 Metre Pool <b>Michelle</b>	<b>Shallow Aqua</b> 10:30am - 11:15am 25 Metre Pool <b>Michelle</b>	
<b>Shallow Aqua</b> 11:30am - 12:15pm 25 Metre Pool <b>Marg M</b>					
<b>Deep Aqua</b> 6:15pm - 7:00pm 50 Metre Pool <b>Teresa</b>	<b>Shallow Aqua</b> 6:15pm - 7:00pm 25 Metre Pool <b>Chris</b>	<b>Deep Aqua</b> 6:15pm - 7:00pm 50 Metre Pool <b>Chris</b>	<b>Water Running</b> 6:00pm - 6:55pm 25 Metre Pool <b>Marg M</b>		<b>SUNDAY</b> <b>Deep Aqua</b> 5:00pm - 5:45pm Dive Pool <b>Marg C/Teresa/Michelle</b>
	<b>Swim Pace</b> 6:30pm - 8:00pm 50 Metre Pool <b>Gary</b>		<b>Swim Pace</b> 6:30pm - 8:00pm 50 Metre Pool <b>Gary</b>		
<b>Swim Pace</b> 7:00pm - 8:30pm 50 Metre Pool <b>Gary</b>			<b>Aqua Pilates*</b> 7:00pm - 7:50pm 25 Metre Pool <b>Marg M</b>		

LAND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>H.I.T.*</b> 5:30am - 6:30am <b>Mau</b>		<b>Body Step™</b> 5:30am - 6:30am <b>Lekala</b>	<b>Run Pace</b> 5:30am - 6:30am <b>David</b> Meet at Gym Reception	<b>Box Max*</b> 5:30am - 6:30am <b>Mau</b> Meet at Gym Reception	
<b>Pilates*</b> 8:00am - 9:00am <b>Marg M</b>	<b>Tai Chi for Health</b> 7:30am - 8:30am <b>Marg C</b>		<b>Zumba*</b> 8:00am - 9:00am <b>Cassie</b>	<b>Chi Ball</b> 7:50am - 8:50am <b>Marg C</b>	<b>Bootcamp</b> 6:30am - 7:30am <b>Regan</b> Old Gym Area in Aquatic Centre
<b>Abs &amp; Thighs</b> 9:00am - 9:30am <b>Marg M</b>	<b>Zumba Gold*</b> 8:30am - 9:30am <b>Cassie</b>		<b>Abs &amp; Thighs</b> 9:00am - 9:30am <b>Marg M</b>	<b>B-Active</b> 9:00am - 9:30am <b>Lekala</b>	<b>Spinning</b> 8:00am - 8:45am <b>Regan</b>
<b>Body Step™</b> 9:30am - 10:30am <b>Lekala</b>	<b>Fighting Fit</b> 9:30am - 10:30am <b>Mau</b>	<b>Hatha Yoga - Gentle*</b> 9:00am - 10:00am <b>Radhika</b>	<b>Pilates*</b> 9:30am - 10:30am <b>Marg M</b>	<b>Body Blast</b> 9:30 am - 10:30am <b>Lekala</b>	<b>Flow Yoga</b> 9:00am - 10:00am <b>Regan</b> Velodrome Level 4 Function Room
			<b>Strong &amp; Stable*</b> 10:30am - 11:15am <b>Marg M</b>	<b>Spinning</b> 9:30am - 10:15am <b>Teresa</b>	
<b>Hatha Yoga*</b> 10:30am - 11:30am <b>James</b>	<b>Hatha Yoga*</b> 10:30am - 11:30 <b>Radhika</b>	<b>Body Pump™</b> 10:00am - 11:00am <b>Cathy</b>		<b>Body Pump™</b> 10:30am - 11:30am <b>Fiona</b>	
<b>Body Pump Express™</b> 5:30pm - 6:00pm <b>Teresa</b>	<b>Pilates*</b> 5:00pm - 6:00pm <b>Chris</b>				
<b>Grandstand Boxing</b> 6:00pm - 7:00pm <b>Shane</b> Velodrome Level 2	<b>Body Pump™</b> 6:00pm - 7:00pm <b>Lekala</b>	<b>Box Fit</b> 6:00pm - 7:00pm <b>Shane</b>	<b>Body Pump™</b> 6:00pm - 7:00pm <b>Fiona</b>		
<b>Hatha Yoga*</b> 6:15pm - 7:15pm <b>Jane</b>	<b>Run Pace</b> 6:15pm - 7:15pm <b>David</b> Meet at Gym Reception	<b>Spinning</b> 6:00pm - 6:45pm <b>Teresa</b>			
<b>Spinning</b> 7:00pm - 7:45pm <b>Teresa</b>		<b>Pilates*</b> 7:15pm - 8:15pm <b>Chris</b>			

All classes held at the Aquatic Centre unless otherwise indicated above. Please check the Pace Website and Facebook for class changes & cancellations.

\*SPECIALTY CLASSES. See reverse for more information.



## GROUP FITNESS CLASS PRICING








**MEMBERSHIPS:** All classes are included as part of the **Pace at Sleeman** Membership

**CASUAL RATE:** \$17 Adults / \$16 Concession (Up to 2 classes permitted per visit)
























**10 VISIT PASS:** \$136 Adults / \$128 Concession

 Low to Moderate Intensity    Moderate Intensity    Higher Intensity    Mind & Body (Suitable for all levels)

## WATER CLASSES

-  **AQUA PILATES\*** - Strengthen and stretch your body using your core centre. Beginners to Advanced. \* SPECIALTY CLASSES
-  **AQUA ZUMBA\*** - All the fun and energy of Zumba in the water.
-  **DEEP AQUA** - Held in Deep Water. This class utilizes buoyancy belts & floating dumbbells. Beginners to Advanced.
-  **GENTLE AQUA AEROBICS** - Gentle class in the warmer 25m Pool. Great for chronic back pain and arthritis.
-  **SHALLOW AQUA** - A water class to tone muscles and increase the efficiency of your heart & lungs. Beginners to Advanced.
-  **SWIM PACE** - Suitable for all those who can swim but who need some stroke correction.
-  **WATER RUNNING** - 55min class held in the 25m Pool. Running in waist deep water

## LAND CLASSES

-  **ABS & THIGHS** - 30 minute low impact class using exercises to target abdominals, hips and thighs. \* SPECIALTY CLASSES
-  **B-ACTIVE** - Bands, Balls, Body Weight & Balance. A low-impact class targeting core, legs & butts.
-  **BODYBLAST** - High energy aerobic style class with high/low moves. Equipment free to suit all fitness levels.
-  **BODY PUMP™** - Barbell workout for anyone looking to get lean, toned and fit – fast. Total body conditioning using light to moderate weights.
-  **BODY STEP™** - Simple movements on, over and around a height-adjustable step. Great for fitness, fat burning and muscle conditioning.
-  **BOOTCAMP** - High Intensity, boot camp style session
-  **BOX FIT\*** - Boxing & Circuit class including glove and focus pad partner exercises.
-  **BOX MAX\*** - High Intensity boxing & circuit class.
-  **CHI BALL\*** - Chi-Ball combines exercise philosophies of Tai chi, Yoga, Pilates and meditation to promote harmony and balance.
-  **FIGHTING FIT\*** - High energy cardio class using a variety of equipment.
-  **FLOW YOGA** - A sequence of flowing dynamic movements suitable for all levels. Incorporates breathing techniques and overall body mindfulness.
-  **GRANDSTAND BOXING\*** - A combination of cardio circuit training and boxing drills (Meet at Gym Reception at the Velodrome).
-  **HATHA YOGA\* / HATHA YOGA - GENTLE\*** - Hatha Yoga, the original Yoga, for balance of body and mind.
-  **H.I.T.\* (High Intensity Training)** - The class includes boxing, running, weight training & circuit training.
-  **PILATES\*** - Mat Pilates. Controlled moves & posture to increase strength & flexibility.
-  **RUN PACE** - Running Class around the Complex (Meet at Gym Reception at the Velodrome).
-  **SPINNING** - Cardio class utilising stationary exercise bikes.
-  **STRONG & STABLE** - Low-impact class combining gentle strength work to improve coordination, mobility & balance.
-  **TAI CHI\*** - Gentle Chinese martial art techniques.
-  **TAI CORE\*** - 30min Class. Tai Chi exercises focusing on Core Strength. Includes Balance and Meditation.
-  **YOGA\*** -
-  **ZUMBA\*** - A fusion of hypnotic Latin Rhythms and easy-to-follow moves.
-  **ZUMBA GOLD\*** - All the fun of Zumba but set at an easier low-impact level.

General Enquiries: 3131 9611 | Pace at Sleeman: 3131 9615 | Class Enquiries: 3131 9666 |

Website: [www.paceatsleeman.com.au](http://www.paceatsleeman.com.au) | Facebook: Search "Pace at Sleeman"