



Druids Glen Health Club Class Schedule January 2024

MONDAY		
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9:15am – 10am	Cycle Fit & Core	Studio
11am – 11:45am	Aqua Aerobics	Pool
7pm – 7:45pm	Pump & Tone	Studio

TUESDAY		
9:15am – 10am	Cycle Fit	Studio
7pm – 7:45pm	Box Fit	Studio

WEDNESDAY		
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9.15am – 10am	Cycle Fit & Core	Studio
11am – 11:45am	Aqua Aerobics	Pool
7pm – 7:45pm	Cycle Fit	Studio

THURSDAY		
Time	Class	Venue
9:15am – 10am	Cycle Fit & Core	Studio
11am – 11.45am	Water Yoga	Pool
7pm – 7:45pm	Box Fit	Studio

FRIDAY		
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9.15am – 10am	CycleFit	Studio
11am – 11:45am	Aqua Aerobics	Pool
7.15pm – 8pm	Zumba	Studio

Saturday		
Time	Class	Venue
11.15am – 12pm	Box fit	Studio

Sunday		
Time	Class	Venue
11.15am – 12pm	Cycle Fit	Studio

Class Descriptions:

Aqua Aerobics: Low impact resistance and strengthening class, aimed at improving strength, mobility and toning the body.

Water Yoga: Aqua yoga is a great way to move your body and enjoy the benefits of yoga while reducing joint impact and providing a different stimulus and resistance for your muscles to vary your yoga routine.

Zumba: Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.

Bootcamp: An intense, high impact class incorporating elements of strength, cardio and core work.

Boxfit: Inspired by boxing training techniques & methods.

CycleFit: Indoor cycling for all levels. Excellent cardio workout.

CycleFit & Core: Intense CycleFit class with core work to finish.

Pump & Tone: A high repetition weights class that focuses on toning and sculpting the entire body.