

Audley Club Classes

Aqua Aerobics – Improves the health of the heart and lungs-This is a great way to exercise for people wanting to burn off calories, without the impact on the joints.

Circuits – Improves body strength, muscular and aerobic stamina and stability-A great class with varied, easy to follow exercises for increasing muscle strength and building body awareness.

Pilates – A mixed level class that improves strength, flexibility and overall mobility-Low impact mat work which realigns the spine, improves posture and increases body awareness; it improves stability of the pelvis and shoulders by fostering healthy joints through mobility and strength work; and achieves strength and stamina in the core muscles of the abdominals, pelvic region and back.

Zumba Gold – A lower impact, easy to follow, Latin inspired dance fitness-party.

Tai Chi – Exercise to clear and still the mind and balance the body.

Neighbourly walk – Enjoy a gentle walk around the cricket pitch in the company of other residents.

Gym equipment for beginners – Come and gain your confidence in using the equipment and weights.

	Aqua Aerobics	Circuits	Pilates	Zumba Gold	Chair class	Tai Chi	Gym Equipment for beginners	Neighbourly Walk
Monday	9.30am - 10.15am & 10.30am - 11.15am 11.30am - 12.15pm		8.30am – 9.30am					12.30pm
Tuesday			9am – 10am	1.30pm-2.15pm	2.15pm – 2.45pm	12.30pm – 1pm		
Wednesday		9am – 10am						12.30pm
Thursday	9.30am - 10.15am				12.30pm – 1pm		10.30am – 11am	
Friday	11.30am – 12.15pm		9am - 10am & 10am - 11am (adv)			8.15am-8.45am		12.30pm

