

CSRC

 **CSSSC**
SPORTS & LEISURE

AEROBICS

TIMETABLE

Monday lunchtime with Peter

Aerobics

12.30 - 1.15

Start the week with this energetic 45 minutes class.

Level: Beginners to Advanced

Tuesday lunchtime with Grant

Circuit Training

12.30 - 1.15

This class is specifically designed to use some basic blocks, strikes & kicks in a choreographed series of moves to maintain flexibility & fitness

Level: Beginners to Advanced

Wednesday lunchtime with Lori

Pilates

12.30 - 1.15

Pilates focuses on building your body's core strength and improving your posture through a series of low repetition low impact stretching and conditioning exercises.

Thursday lunchtime with Shelly

Aerob-a-tone

12.30 - 1.15

An all over toning and strengthening class which will help sculpt the body, define muscle and take off inches.

Level: Beginners to Advanced

Friday lunchtime with Lori

Pilates

1.35 - 2.20

Finish your week with a relaxing workout.

