

	0630	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130
MON										Aqua Trim				Water Babies							Swimming Lessons										
TUE																															
WED										Aqua Trim																					
THU												Water Babies									Swimming Lessons										
FRI						Aqua Trim		Water Babies					Water Babies							Swimming Lessons						Aqua Bellies					
SAT	CLOSED					Aqua Tinies																							CLOSED		
SUN	CLOSED																												CLOSED		

During class times the pool will be sectioned off for activities to take place. The remainder of the pool will be open for use.



POOL RULES

- Shower before entering the pool, and again in between pool facilities.
- Do not enter if you are unwell, have diarrhoea, an infection or contagious disease that may be transmitted through water, an open cut, blister or lesion.
- Persons under 16yrs must be accompanied by an adult at all times.
- Toddlers and Babies should wear a swim nappy regardless of toilet training.
- No persons under the influence of drugs or alcohol.
- No running, diving or horseplay.
- No glass objects
- Do not swallow pool water
- No outdoor footwear, please use blue cover shoes provided.
- No changing on poolside. Please use the changing rooms provided.
- No prams or buggies.

Class Timetable

Monday

10:00-10:45	Aerobics	Lyndsay
11:00-11:45	Aquatrim	Lyndsay
18:15-19:00	Pilates	Carole
19:15-20:15	Boxercise	Ryan

Tuesday

09:00-10:00	Morning Mix up	Carole
10:00-11:00	Dolly Mixtures	Sandra
17:45-18:30	Legs Bums & Tums	Sandra
18:30-19:15	Kettlebells	Andy
19:15-20:00	Circuits	Andy

Wednesday

09:30-10:15	Step	Lyndsay
10:15-11:00	Body Conditioning	Lyndsay
11:00-11:45	Aquatrim	Lyndsay
17:45-18:30	Step	Lynne
18:30-19:30	Yoga	Lynne
19:30-20:00	Metafit	Vicki

Thursday

09:00-10:00	Dolly Mixtures	Sandra
10:00-10:45	Pilates	Lynne
10:45-11:30	Pilates	Lynne
18:00-19:00	Zumba	Silly Gilly
19:00-19:45	Pilates	Carole

Friday

09:15-10:00	Aquatrim	Lyndsay
10:15-11:00	Aerokick	Lyndsay
11:00-12:00	Yoga	Lynne
19:00-19:45	Aqua Bellies	Emily

Saturday

09:15-10:00	Pilates	Carole
09:00-10:30	Aqua Tinies	Emily
10:00-11:00	Kettlebells	Andy

Sunday

10:00-11:00	Sunday Funday	Lyndsay
11:00-12:00	Zumba Kids	Silly Gilly

BOXERCISE®



Boxercise combines boxing techniques and exercise in a fun, stress busting activity. An energetic workout with easy to follow techniques suitable for mixed abilities.

Class Rules

- To ensure your place, classes are pre-bookable one week in advance.
- Please let us know if you cannot make a class you have booked.
- If you are late then your place is forfeit and will be given to the first reserve.
- Please do not enter a class once it has started.
- You must inform the class instructor if you have an injury, illness, are taking any medication, or know of anything else that may affect your participation.
- Your attendance to the class is at the discretion of the class instructor.
- Classes and instructor are subject to availability, and may change without notice.

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THE MARINE
HOTEL



Leisure Club
Activities