

SWELL

Swimming Wellness Events Leisure Lifestyle

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00AM		Senior Circuit Kate				
08:00AM					Pilates Kate	
08:30AM						Aqua - Water Exercise (Shallow) Sally
09:00AM		Circuit Kate			Senior Circuit Kate	
09:15AM				Yoga Oliva		
09:30AM						Aqua - Water Exercise (Deep) Sally
10:00AM		Step Kate				
10:15AM				Senior Circuit Oliva		
1:00PM	Aqua - Water Exercise (Shallow) Sally					
6:00PM				HIIT Kate		
7:00PM				Pilates Kate		
City Of Palmerston Free Group Exercise Classes - Classes Finish 29th September						
	Wednesday		Thursday		Sunday	
09:00					Yoga	
17:00			Pilates			
18:00	Zumba					

****All bookings into classes are through the Activeworld App. Once you have downloaded App click on Book Group Fitness****