



**McLaren**  
Leisure



# Class Timetable

**TIMETABLE LAUNCHING MONDAY 19TH FEBRUARY**

## Monday

RigFIT	07:00 - 07:45
Active Life	09:30 - 10:30
Chair Yoga	11:00 - 12:00
KettleFIT	12:15 - 12:45
TeenFIT	16:00 - 17:00 *
RigFIT	17:30 - 18:15
YogaFIT	18:00 - 19:00
CycleFIT	18:20 - 19:05 *
CycleFIT Adv	19:15 - 20:15
PumpFIT	19:15 - 20:00
CoreFIT	20:15 - 21:00 *

## Wednesday

RigFIT	07:00 - 07:45
Active Life	09:30 - 10:30
RigFIT	12:15 - 12:45
TeenFIT	15:30 - 16:30 *
CoreFIT	17:30 - 18:00 *
Aerobics	18:00 - 18:30 *
BoxFit	18:35 - 19:20 *
CycleFIT	19:30 - 20:15 *
RigFIT	19:45 - 20:30
StretchFIT	20:30 - 21:00 *

All classes suitable for 16+ yrs  
 \* Classes suitable for age 14+  
 \* TeenFit suitable for age 14-15 yrs  
 \*\* SportFit suitable for age 12 - 15 yrs

## Friday

RigFIT	07:00 - 07:45
RigFIT	09:15 - 10:00
Active Life	10:00 - 11:00
MumFIT	11:00 - 12:00
PowerFIT	12:15 - 12:45 *
CycleFIT	17:30 - 18:00

## Tuesday

CycleFIT	09:30 - 10:15 *
Aquacise	11:00 - 12:00
MumFIT	11:00 - 12:00
Yoga	12:00 - 13:00
Teen FIT	16:00 - 17:00 *
Strong Nation	17:30 - 18:00 *
PowerFIT	18:00 - 18:45
RigFit	19:00 - 19:45
AquaFit	19:15 - 20:00 *
Yoga	19:30 - 21:00
CycleFIT	20:00 - 20:45 *

## Thursday

Aquacise	09:30 - 10:30
TeenFIT	15:30 - 16:30 *
RigFIT	17:30 - 18:15
SwimFIT	18:00 - 18:45 *
Yoga Fit	18:00 - 19:00
SportFIT	18:20 - 19:00 **
ClimbFIT	18:30 - 20:00
CycleFIT Adv	19:00 - 20:00 *
PumpFIT	19:15 - 20:00
CoreFIT	20:00 - 20:30 *

## Saturday

RigFIT	09:00 - 09:45
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Now available to book online!





# Class Descriptions

ALL Fitness Classes included in your All Inclusive Membership or available to pay as you go

**NEW CLASSES LAUNCHING MONDAY 19TH FEBRUARY**

## Active Life

Maintaining a consistent fitness routine is important at any age. Designed to be low-impact to prevent injury, Active Life is perfect for those looking to increase cardiovascular health and build strength and balance.

## Aquacise & AquaFIT

A fun fitness class designed to give you a High Intensity, low impact, non weight bearing, full body workout. Water-based activity is kinder on joints allowing you to exercise without putting too much strain on your body.

## Aerobics

**NEW**

Get your heart pumping and your body moving to the beat! This class combines cardio, dance, and strength exercises to help you tone muscles, improve endurance, and boost your mood.

## PowerFIT

PowerFit is a mixture of lifting and HIIT based exercises where strength, conditioning and calorie burn are the result. All exercises have variations, so it's a challenging but achievable workout for everyone

## Yoga & Chair Yoga

Postures and sequences are combined with breathwork and relaxation. Building from the basics into a deep mind-body experience. You are encouraged to work within your own limits, with the emphasis on how it feels, not how it looks.

## RigFIT

A functional fitness class based in the big gym. Workouts are built around daily movements so you'll naturally feel and move better while improving your strength and fitness levels.

## BoxFIT

A high intensity interval training class based on boxing training. This is the ideal class if you are looking to get fitter whilst also improving your balance, coordination and timing.  
**It's the perfect stress reliever too!**

## ClimbFIT

No climbing partner? No problem! Introducing our NEW Adult Social Climbing Sessions. An instructor will be on hand to buddy you up with fellow climbers, give you climbing tips and help you make the most out of your session. Participants should have completed our belay competency and hold a valid Wall User card. Ask at reception for more details.

**NEW**

## Strong Nation

STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, or maybe even five more.

## CycleFIT

**ADVANCED**

**NEW**

Elevate your cycling game with CycleFIT Advanced! Join us for a high-intensity class, designed to push your limits and boost your performance. Get ready for a challenging workout that will leave you feeling accomplished and energised.

## MumFIT

Designed with mums in mind with no need to worry about childcare as you bring them with you! The class is designed to help you regain strength, fitness and confidence as well as provide the opportunity to meet other mums in a fun and safe environment.

*Suitable for mums from 6+weeks postpartum who have been given the OK to exercise following GP check. Taking place in soft play there is plenty of space for little ones from 6 weeks - Pre Primary.*

## SportFIT

**NEW**

This class is designed to introduce teens age 12 - 15 years to strength and conditioning training with a focus on learning how to squat, deadlift, push, pull and rotate safely whilst increasing the heartrate to build stamina and endurance.

## StretchFIT

**NEW**

Designed to enhance flexibility, release tension, and promote relaxation. This class incorporates gentle stretching exercises aimed at improving mobility and reducing muscle stiffness.

## KettleFIT

A great way to add some resistance training into your week whilst burning lots of calories. Lift, swing, lunge and squat your way to stronger and fitter you!

## CoreFIT

CoreFit is all about power, strength and stabilisation. The core muscles create a solid base for our body, allowing us to stay upright and stand strong. During our CORE workouts, — **not just crunches**

## SwimFIT

**NEW**

Enhance your swimming technique, endurance, and overall fitness. With a blend of stroke refinement, interval training, and water-based exercises to help you reach your goals.  
**Participants must be able to swim a min of 40m front crawl with face in the water.**

## YogaFIT

With a focus on moving and exploring the physical side of yoga, this class will help you build flexibility, strength, coordination and balance as we flow through sequences of yoga poses and ending with a short relaxation.

## PumpFIT

**NEW**

A dynamic barbell class that sculpts and tones your entire body with light to moderate weights and high repetitions. Get ready to feel challenged and empowered!

## TeenFIT

TeenFIT provides a safe environment for Teens age 14-15 years to access the gym. Under the supervision of McLaren Leisure staff you'll feel safe, happy and secure about completing your new exercise regime.

## CycleFIT

Sure to get your heart pumping and your feet pedalling to your favourite workout tunes. Our qualified instructor will lead you at different speeds and intensities for a full cardio workout.