### The Castle Centre

#### Group Exercise

**TIME**

**MONDAY**

- 06:40 - 07:30: Group Cycling
- 06:40 - 07:30: Zumba®

**TUESDAY**

- 06:40 - 07:30: Group Cycling
- 06:40 - 07:30: Zumba®
- 08:00 - 08:50: Silver Aerobics

**WEDNESDAY**

- 09:00 - 09:50: Silver Aerobics

**THURSDAY**

- 12:15 - 13:00: Group Cycling
- 13:00 - 14:00: Total Toning
- 14:00 - 15:00: Body Conditioning
- 15:00 - 16:00: Silver Gym

**FRIDAY**

- 10:15 - 11:15: Silver Aerobics
- 11:00 - 12:00: Silver Aerobics
- 12:15 - 13:00: Group Cycling
- 13:00 - 14:00: Total Toning
- 14:00 - 15:00: Body Conditioning
- 15:00 - 16:00: Silver Gym
- 16:00 - 17:00: Body Conditioning
- 17:00 - 18:00: Silver Gym

**SATURDAY**

- 09:30 - 10:30: BODYPUMP™
- 11:00 - 12:00: Silver Aerobics
- 13:00 - 14:00: Total Toning
- 14:00 - 15:00: Body Conditioning
- 15:00 - 16:00: Silver Gym

**SUNDAY**

- 09:00 - 10:00: Silver Aqua 60+
- 16:00 - 17:00: Silver Gym

---

#### Class Descriptions

- **Silver Aqua 60+**: Born not burnt! Allow your instructor to move you with a fun and fast burning workout to improve your cardiovascular, low and high-intensity moves.

- **BODYPUMP™**: This sports-inspired cardio workout for building strength and muscular endurance. The high-energy interval style will take you from one move to another without stopping, keeping your heart rate up.

- **HIIT**: High-intensity interval training session... to get the maximum workout for the minimum amount of time. It is proven to give the best results, continuing high-intensity exercise up to your maximum, helping you to get more out of your workout in less time... and also increase the size at which you burn calories post workout!

- **Group Cycling**: A challenging workout designed to improve your cardiovascular fitness, muscle strength and physical endurance, delivering all round benefits to every part of the body. Suitable and adaptable to all levels of fitness from beginners to the hardcore enthusiast!

- **Yoga**: A relaxing and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who like getting their feet wet.

- **Total Toning**: A class that strengthens your entire body. The 60-minute workouts challenge all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lungs, and Lifts. Great music, awesome instructors and your choice for the results you can achieve - and enjoy!

- **CARDIO BANDS**: A fun cardio workout for all fitness levels. Concentrating on building moves in a circuit format, this session will effectively tone the upper body and increase stamina and strength.

- **Core Conditioning**: Incorporate a variety of styles to its full body workout. This is a different workout every day to keep the interest up.

- **Pilates**: One of the world’s most practiced disciplines. These sessions are designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso.

- **Body Conditioning**: Incorporate a variety of styles to its full body workout. This is a different workout every day to keep the interest up.

- **Silver Gym**: A class that strengthens your entire body. The 60-minute workouts challenge all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lungs, and Lifts. Great music, awesome instructors and your choice for the results you can achieve - and enjoy!

---

### Health & Fitness

- **Aquafit**: A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who like getting their feet wet.

- **Virtual Classes**: Virtual classes are designed for people who cannot get access to our live classes due to health, fitness or mobility reasons. These are suitable for 16-19 year olds.

- **Junior Active**: These are suitable for 14-16 year olds.

- **GYM**: These classes are only available for those 60+.

---

**Studio time is available for hire. Please contact the Centre Reception for details.**

---

**Tell us how your workout went by using the hashtag #feelbetterforit**