

Aqua Max HIIT Squad 6 week Fitness Programme: 11th Jan—20th Feb

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| HIIT Session 6:15am—7:00am | | HIIT Session 6:15am—7:00am | | HIIT Session 6:15am—7:00am | |
| | Aqua Burn 6:45am—7:30am | | Aqua Burn 6:45am—7:30am | | HIIT Session 8:15am—9:00am |
| | Cardio Express 12:15pm—12:45pm | | Cardio Express 12:15pm—12:45pm | | |
| | | Open Gym 4:15pm—5:45pm | | Open Gym 4:15pm—5:45pm | |
| Cardio Blast 5:10pm—5:40pm | Mobility & Core 5:10pm—5:40pm | Cardio Blast 5:10pm—5:40pm | | | |
| HIIT Session 5:45pm—6:30pm | HIIT Session 5:45pm—6:30pm | HIIT Session 5:45pm—6:30pm | HIIT Session 5:45pm—6:30pm | | |
| Aqua Force 7:00pm—7:45pm | | Aqua Force 7:00pm—7:45pm | Aqua HIIT 6:45pm—7:30pm | |  |

Session descriptions:

HIIT Sessions — The session will have a mix of High Intensity Interval Training based around short duration circuits and cardio inspired workouts. We can specifically target one area of the body or have a mix of every thing, this class is about moving the body well and increasing your fitness levels.

Aqua HIIT—Not your typical water workout here! A variety of all the fun components of swimming and exercising will be introduced to this one of a kind session. You don't have to be a confident swimmer at all, we will be using the Hydro slides, Aqua Fitness equipment and being both in and out of the pool for some of our exercises.

Aqua Burn / Aqua Force— Great for toning the body and working the cardiovascular system. A good class to do for recovery when the body is sore or for trying something different. Working out in the water ins not for the faint hearted, you really can get the results from using the water as resistance. Please note: these classes will not start until the week of the 18th of January.

Strength Sessions —This session will focus each week on one strength component by working specific skills and exercises to work targeted areas. For example you might be working towards your heaviest back squat you can perform and then working the accessories that will help you achieve this. This session will also help with maintaining correct technique for when you implement the same movements in to your HIIT classes. These sessions are smaller in size so the trainer can focus on your specific needs. They may start with some initial strength tests to get a gauge of where you are at.

Open Gym— Drop in at anytime during the open session timeslot to work on extras like cardio, mobilizing or following the pre programmed workout written on the board for our members.

Mobility & Core —30min mobility and core class is ideal for strengthening the posterior chain and surrounding muscle groups which are used frequently in all of our classes. Mobility is also a great tool to working towards better technique in movements. We highly recommend!