


Aqua Max HIIT Squad 6 week Fitness Programme: 9th Aug —18th Sept

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
	HIIT Express 12:15pm—12:45pm		HIIT Express 12:15pm—12:45pm		
		Open Gym 4:15pm—5:45pm		Open Gym 4:15pm—5:45pm	
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	Swim Fit 6:45pm—7:15pm		

Session descriptions:

HIIT Sessions — The session will have a mix of High Intensity Interval Training based around short duration circuits and cardio inspired workouts. High Intensity does mean there will be dynamic movements which will be fast and precise and is about moving the body well. The trainers will give options for scaled movements however the class can not be altered to suit an individualised workout.

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 isn't for the faint hearted, you really can get the results from using the water as resistance. (please note these sessions are part of our public Aqua Fitness Programme)

Swim Fit— This will replace our Aqua HIIT during the winter months. We will focus on some lap swimming, drills and skills that will improve your overall aerobic fitness in the water.

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.