

Aqua Max HIIT Squad 6 week Fitness Programme: 9th Nov —18th Dec

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
	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	Strength Session 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.

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!