

## ROAR FITNESS 247 SPECIALITY TIMETABLE

### GROUP FITNESS - POOL

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM						ROAR SWIM HIIT	
10:00AM	ROAR SWIM	ROAR SWIM	ROAR SWIM	ROAR SWIM	ROAR SWIM		
6:00PM		ROAR SWIM					



### KIDS CLUB

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30AM						CUB GAMES (6YRS+)	
10.00AM	LITTLE CUBS (2 - 5 YRS)				LITTLE CUBS (2 - 5 YRS)		
4.00PM		JUNIOR CUBS (4 - 6YRS)			JUNIOR CUBS (4 - 6YRS)		
4.30PM	YOUTH HIIT (12 - 14YRS)	YOUTH HIIT (12 - 14YRS)	YOUTH HIIT (12 - 14YRS)	BIG CUBS (6YRS+)	BIG CUBS (6YRS+)		
	BIG CUBS (6YRS+)	BIG CUBS (6YRS+)	BIG CUBS (6YRS+)				

### FIT:FOR:LIFE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM	FIT:FOR:LIFE	FIT:FOR:LIFE		FIT:FOR:LIFE	FIT:FOR:LIFE		
10.30AM	FIT:FOR:LIFE	FIT:FOR:LIFE		FIT:FOR:LIFE	FIT:FOR:LIFE		
11.30AM	FIT:FOR:LIFE	FIT:FOR:LIFE		FIT:FOR:LIFE	FIT:FOR:LIFE		

## SPECIALITY CLASS DESCRIPTION

	A non-impact, cardio and strength workout to music in the pool, ideal for non-swimmers, pre/post-natal and injury recovery. <b>60 mins</b>
	A short, sharp, intense workout that includes cardio and strength intervals conducted in the water. <b>45 mins</b>
<b>FIT:FOR:LIFE</b>	Aimed at senior members, FIT FOR LIFE is run by a qualified personal trainer and designed to get you fit, strong and moving while having fun in a social environment. <b>60 mins</b>
<b>JUNIOR CUBS (4 - 6YRS)</b>	Designed for 4-6 years old, this program develops physical skills using simple movements to promote physical attributes such as strength, balance, coordination, and movement while also introducing the principles of a healthy lifestyle. <b>30 mins</b>
<b>CUBS GAMES (6YRS+)</b>	Mixed sports and games to keep the kids entertained. Perfect for parents wanting to entertain the kids while they get in a workout. <b>60 mins</b>
<b>LITTLE CUBS (2 - 5 YRS)</b>	Designed for 2-5 year olds, this program develops physical skills using simple moves, role-playing, stories, games, social skills and parental bonding. Parent participation desired. <b>30 mins</b>
<b>BIG CUBS (6YRS+)</b>	BIG CUBS is a new program which uses a combination of exercises, mixed sports and games to developing physical attributes such as strength, balance, coordination and movement while also teaching kids the principles of a healthy lifestyle. <b>60 mins</b>
<b>YOUTH HIIT (12 - 14YRS)</b>	A supervised high intensity interval training conducted by a Roar Fitness Professional. The class teaches kids 12-14 years old how to safely use exercise equipment along with healthy lifestyle concepts. <b>30 mins</b>