

## CLM HEALTH & FITNESS CAMERON POOLS Roskill Room - Group Fitness Timetable

	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 am					<b>GYMSTICK</b>		
9.00 am							
11.00 am							
1.00 pm							
5.30 pm							
6.00 pm		<b>GYMSTICK</b>					
6.45 pm							
7.00 pm							

### Weights Room - Group Fitness Timetable

	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 am	<b>SELF DEFENCE</b>						
5.45 pm							
6.00 pm			<b>SELF DEFENCE</b>				
6.30 pm							

### Revolutions Indoor Cycling Studio Timetable

	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 am							
8.00 am							
5:30 p.m.							
6.00 pm							
6.15 pm							
6.30 pm							
6.45 pm							

#### Class Descriptions

	<b>AB BLAST</b> - Best 30 minute abdominal and core workout in town. Hello Summer 6 pack!! FREE for members, \$7.50 for non member per class		<b>AQUA AEROBICS</b> - A great way to stay fit, socialise or lose some unwanted weight. People of all ages and back grounds are welcome. Casual adult \$10, 10 visit adult concession \$80, Casual senior \$6, 10 visit senior concession \$49
	<b>REVOLUTIONS</b> - A spin style self paced, indoor studio cycling programme. Experience an all terrain ride for a maximum leg/lung challenge. Suitable for all fitness levels. 45 - 60 Minute Class. FREE for members, \$7.50 for non member per class	<b>SELF DEFENCE</b>	<b>SELF DEFENCE</b> - This class caters to all ages and ability levels, teaching it's students how to defend themselves in everyday situations. Trained by Guinness world record holder Jeffery Chandy. First Class FREE. Every class following \$2
	<b>BOX FITT</b> - Increase fitness and stamina with this high intensity cardiovascular workout using boxing for fitness. FREE for member, \$7.50 for non members per class		<b>KARATE</b> - Trainer and Guinness world champ Jeffery Chandy runs a class for all abilities. Since starting when he was 4 years old he has learned all the necessary skills and is ready to pass them on. Children & students \$90 Adults \$100 (monthly)
	<b>PUMP FITT</b> - Increase muscle tone and burn calories with this fantastic high intensity weighted workout to music. FREE for members. \$5 for Seniors and \$7.50 for non-members		<b>ZUMBA</b> - Zumba has returned to Cameron Pool with a brand new instructor. This class offers a fantastic toning and ab workout all into one. Great for all ages and fitness levels. FREE for members. \$5 for senior citizens. \$7.50 for non-members
	<b>PUMP &amp; SCULPT</b> - Increase fitness levels while getting in some great resistance training. This class combines both PUMP and STEP into one. Great for weight loss and muscle tone -FREE for members. \$5 for Seniors and \$7.50 for non-members	<b>GYMSTICK</b>	<b>GYMSTICK</b> - Gymstick is a fantastic class to help tone and strengthen those smaller stabilising muscle groups. Cameron Pool is one of only a handful of facilities to have this revolutionary fitness tool - FREE for members. \$5 for Seniors and \$7.50 for non-members
	<b>Circuit Xpress</b> - For 30mins you will be put to the test by our fitness staff. Training you with strength and weight circuits designed to get more bang out of your workout. FREE for members, \$5 for seniors, \$7.50 for non members		<b>SPIN FITT</b> - One of the greatest full body workout classes around. Experience 30mins of PumpFitt then onto the bike for 30mins of intense cardio. FREE for members, \$5 for seniors, \$7.50 for non members

Bookings for weekday classes can be made on the week prior to the start of the class. Bookings for weekend classes can be made on Mondays the week of the class. Please call reception to make bookings for classes. There are limited spaces so first in first serve.

All classes marked in **RED** are Xpress classes and are only 30min in length.

All classes marked in **GREEN** are only 45min in length

Enquiries phone (09) 624 6058 - More detailed information on our website: [www.cameronpool.co.nz](http://www.cameronpool.co.nz)