

CLM HEALTH & FITNESS CAMERON POOLS Group Fitness Timetable

	MON	TUE	WED	THU	FRI	SAT	SUN
11.00 am	SELF DEFENCE		SELF DEFENCE				
1.00 pm							
5.30 pm							
6.00 pm			SELF DEFENCE				
6.30 pm			SELF DEFENCE				
7.10 pm							

Revolutions Indoor Cycling Studio Timetable

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

Class Descriptions

	<p>AB BLAST - Best 30 minute abdominal and core workout in town. Hello Summer 6 pack!! Free for members, \$7.50 for non member per class</p>		<p>AQUA AEROBICS - 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</p>
	<p>REVOLUTIONS - 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</p>	SELF DEFENCE	<p>SELF DEFENCE - 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</p>
	<p>BOX FITT - Increase fitness and stamina with this high intensity cardiovascular workout using boxing for fitness. Free for member, \$7.50 for non members per class</p>		<p>KARATE- 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)</p>
	<p>PUMP FITT - Increase muscle tone and burn calories with this fantastic high intensity weighted workout to music. \$2 for members. \$5 for Seniors and &7.50 for non-members</p>		<p>ZUMBA - 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. \$2 for members. \$5 for senior citizens. \$7.50 for non-members</p>

Please note all classes marked in yellow are paid classes. These classes have to be paid for before being able to enter. You will have a yellow band placed on your wrist once you've paid.

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.

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