



LIFT

Challenge and strengthen all muscles in the 8 major parts of your body – Shoulders, Arms, Chest, Abdomen, Back, Glutes, Thighs and Calves. Our LIFT sessions focus on building strong bodies. Run within our Queenax Functional training zone, you will learn the right techniques and exercises, with extra motivation and support to ensure you take your strength, fitness and body shape to a new level.

OUTDOOR

Using Aquafit's unique outdoor area, as well as a variety of grounds in and around the local area, this program delivers a whole body workout that is sure to get the heart pumping. Kettlebells, adjustable weights, power bags, medicine balls, ropes, agility ladders and hurdles, boxing equipment and more... OUTDOOR combines the latest functional training tools to keep your body guessing with a cardio/ strength combination that is extremely effective.



HIIT

HIIT is High Intensity Interval Training - great for maximizing caloric burn and jump-starting your metabolism – this is true lung busting cardiovascular training. Utilising only bodyweight exercises in a variety of training protocols and activities, you will be guaranteed to improve fitness throughout the cycle, and burn a lot of calories in every workout.

HIRT

High Intensity Resistance Training - one of the most effective ways to build muscle, improve muscular endurance and burn calories. HIRT incorporates a variety of different pieces of equipment & tools to mix things up a lot.



METCON

This is a high intensity metabolic conditioning workout. This session involves functional movement patterns that are interspersed with high intensity cardio intervals, designed to challenge all energy pathways. Designed to boost your metabolism, reduce body fat, improve strength & conditioning as well as improve your ability to perform every day activities. Session will use a range of functional equipment, including kettlebells, powerbags, slamballs, suspension trainers & rowers.

	MON	TUES	WED	THUR	FRI	SAT
5.30AM					METCON	
9.30AM	OUTDOOR	HIRT			HIIT	
5.30PM	LIFT		HIRT			