

SMALL GROUP TRAINING

GET INSPIRED. SEE RESULTS.

BOOKING YOUR SESSION ON THE AQUAFIT TECHNOGYM APP

- Download Aquafit Technogym app
- Create an account (if you don't already have one)
- Log in with your individual username and password
- Click "FACILITY" at the bottom of the home screen
- Click "BOOKINGS & MEMBERSHIP"
- Select day and time of the class you would like to attend
- Select "BOOK NOW"
- All sessions will be displayed and available for bookings 7 days in advance
- All participants must pay in advance on a weekly direct debit or upfront pack
- Please note direct debit is a minimum 8 week commitment and upfront packs have an expiry
- Bookings are essential

CANCELLING YOUR SESSION

- If you wish to cancel the booking, go back into "BOOKING & MEMBERSHIP"
- Find the date, time & class you would like to cancel and select "CANCEL BOOKING" & then select "CONFIRM CANCELLATION"

See Reception for details

Small Group Training (SGT) is a budget friendly way to take your training to the next level!

EXPERTISE: Led by a qualified Personal Trainer

PERSONALISED: Training with a supportive team of 10 people

VARIETY: No two sessions are the same

Ask about your **FREE** trial now!
See Reception to sign up

SMALL GROUP TRAINING - MEMBER PRICE

SESSIONS	WEEKLY COST*
1 per week	\$20
2 per week	\$30
3 per week	\$38
Unlimited per week	\$43
Casual outdoor session	\$25
BUNDLES	PRE-PAID COST*
10 Pack	\$150
20 pack	\$253

*T+Cs apply



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		HIIT			METCON	
9.30AM	OUTDOOR	HIIT			HIIT	
5.30PM		METCON				