

# March 2026 Schedule

Ph: 0800 20 41 20

## Monday

10am - Stretch and Core  
11:30am - Aquarobics  
1pm - Aqua Blast (45minutes)  
2pm - Stride it Out

## Tuesday

8.30am - Circuits  
10am - Stretch and Core  
11:30am - Aqua Gentle  
1pm - Strength and Balance  
2pm - Renew and Recover

## Wednesday

8.30am - Circuits  
10 am - Renew and Recover  
11:30am - Aquarobics  
1pm - Aqua Blast (45minutes)  
2pm - Chair Champions  
2.30pm - Osteo Aqua

## Thursday

8.30am - Circuits 10am - Tai Chi  
11:30am - Aquarobics  
1pm - Strength and Balance  
2pm - Brain Gym 5.15pm - Circuits

## Friday

8.30am - Circuits  
10am - Stretch and Core  
11.30am - Aquarobics  
1pm - Aqua Blast (45minutes)  
2pm - F.A.B (Fitness.Agility.Burst)

## Saturday

11.30am - Stretch and Core

Gym Operating Hours  
Monday - Friday 6.30am - 7pm  
Saturdays 8am - 4pm  
Sundays and Public holidays - Closed

Natter Cafe Hours  
Monday - Friday 7:30am - 4pm  
Saturday and Sunday - Closed



## Events and Updates

**Build Your Technology Confidence Talk:** On Monday, 9 March at 2:30pm, join Dave Callis from Kiwi Connections for an informal talk on safety, reassurance and building your confidence with everyday technology. This is a free event .

**Drawing Class:** Join Vicki on Tuesday, 17 March at 3pm for a drawing class. Entry is \$5 cash per person. There are limited numbers so please book online or at reception.

### **Beverages and Bingo:**

Thursday, 26 March from 2:45pm. Entry is \$5 per person with limited numbers so please book online or at reception.

### **Quiz:**

Grab your team and join in the fun on Tuesday, 24 March from 4:30pm. Entry is \$5 per person.

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