

**Stretch & tone** - Is a low impact body conditioning class with emphasis being placed on elongating the muscles of the body

**Pilates** - aims to improve posture, balance, flexibility and works the entire body through a progressive set of exercises.

**Prime Time** - Is a general fitness and toning class focused for our Golden Oldies.

**Body Tone** - is a high aerobic form of workout, getting the heart rate up combined with core, abdominal strengthening and Toning.

**HITT** - High intensity full body workout that requires high physical demands and aerobic fitness

**Yoga** - places special focus on developing strength, endurance and correct body alignment in addition to flexibility and relaxation.

**Aqua**- Pool Aerobics – full body focused class in the pool.

**Spinning** - A great cardiovascular workout performed on specially designed spin bikes.

**Swim Squad** - is a great swimming session comprised of fitness training and stroke correction.

**Shape** - A light aerobic workout with a range of different activities and exercises aimed at targeting a full body workout

**AB Attack** - A fun and very much vibey workout with basic moves all focused on Abs.

**Boxfit - Lose** weight & tone your body while having fun! Box Combo class is a very cardio orientated class.

**Body Pump** - is a calorie-burning class involving simple moves, cardiovascular workout and focus on Abs as well. It aims to improve one's fitness and muscle tone.

**Zumba - This** class consists of some dance and step moves combined. High intensity class focus on toning and weight –loss in a fun way.

**Supertone**- High aerobic demand workout that will burn a lot of calories while having fun

**AB Attack**- Intense workout that focuses on your core muscles.

**Boxing** – Focusing on basic boxing techniques and fitness



# GYM TIMETABLE

## 2024



**(021) 509 0361**

<b>Monday</b>					
<b>Time</b>	<b>Class</b>	<b>Level</b>	<b>Who</b>	<b>Where</b>	<b>Min</b>
06:30	Swim Squad	Adv	Gary	Pool	45
06:45	Spin	All	Anne-Marie	Spin Studio	45
09:00	Prime time	All	Caitlyn	Studio 1	45
17:30	Boxfit	All	Michal	Studio 1	45
18:30	Pilates	All	Aleks	Studio 2	45

<b>Wednesday</b>					
<b>Time</b>	<b>Class</b>	<b>Level</b>	<b>Who</b>	<b>Where</b>	<b>Min</b>
07:00	Spin	All	Willem	Spin	45
07:00	Pilates	All	Caitlyn	Studio2	45
12:30	Swim Squad	Adv.	Gary	Pool	45
13:00	Body Pump	All	Zeo	Studio 1	45
17:30	<b>Supertone</b>	All	<b>Lesego</b>	Studio 1	45
18:00	Stretch & Tone	All	Michelle	Studio1	45

<b>Friday</b>					
<b>Time</b>	<b>Class</b>	<b>Level</b>	<b>Who</b>	<b>Where</b>	<b>Min</b>
06:00	Boxing	All	Andile	Studio 2	45
06:30	HITT	All	Lesego	Studio1	45
09:00	Prime Time	All	Intern	Studio 1	45
12:30	Swim Squad	Adv	Gary	Pool	45
13:00	Yoga	All	Deidre	Stuido2	45

<b>Tuesday</b>					
<b>Time</b>	<b>Class</b>	<b>Level</b>	<b>Who</b>	<b>Where</b>	<b>Min</b>
06:00	Boxing	All	Andile	Studio 2	45
12:00	Aqua	All	Firdaus	Pool	45
12:30	Shape	All	Carly	Studio2	45
13:00	AB Attack	All	Lesego	Studio1	45
17:00	Zumba	All	Zulpha	Studio 1	45
18:00	Yoga	All	Haseena	Studio 2	45

<b>Thursday</b>					
<b>Time</b>	<b>Class</b>	<b>Level</b>	<b>Who</b>	<b>Where</b>	<b>Min</b>
05:45	Boxfit	All	Michal	Studio 2	45
12:30	Spin	All	Michelle	Spin Studio	45
17:00	Pilates	Int	Firdaus	Studio 2	45
17:30	Boxfit	All	Michal	Studio 1	45
17:30	Spin 60	Int	Anne-Marie	Spin Studio	60
18:00	Body Tone	All	Michelle	Studio1	45

**The Gym @ Old Mutual**

**Operating Hours**

**Mon – Thurs - 5h30 – 20h30**

**Fri – 5h30 – 19h30**

**Sat – 7h00 – 13h00**

**Public Holidays 8h00 – 13h00**

**For information regarding the timetable please contact Marius on 021509 0361 or email [Thegym@oldmutual.com](mailto:Thegym@oldmutual.com)**

The Gym @ Old Mutual  
The Highlight of your day

