

GROUP FITNESS TIMETABLE

MAIN STUDIO						
TIME	MON	TUE	WED	THU	FRI	SAT
6.15 AM	POWERBAR	BOXING	LES MILLS BODYPUMP	metafit <small>BODYWEIGHT TRAINING</small>	CYCLE	
7.00 AM						
8.15 AM						LES MILLS BODYPUMP
9.30 AM	LES MILLS BODYPUMP	PILATES	LES MILLS BODYPUMP	CYCLE	BOOT CAMP	FX30
10.45 AM	PILATES	POWERBAR	BOXING	CORE YOGA + MEDITATION		
12.00 PM	ZUMBA <small>fitness</small>	PILATES	FX30	seniors gym	PILATES	
1.00 PM		seniors gym				
4.00 PM	ACTIVE TEENS	ACTIVE TEENS		ACTIVE TEENS		
5.30 PM	LES MILLS BODYPUMP	HIIT	PILATES	LES MILLS BODYPUMP	BOXING	
6.00 PM		CYCLE				
6.30 PM	BOOT CAMP			STRETCH		

POOL						
TIME	MON	TUE	WED	THU	FRI	SAT
8.30 AM		DEEP AQUA				
9.30 AM	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS
12.00 PM	AQUA THERAPY		AQUA THERAPY		AQUA THERAPY	
5.30 PM		DEEP AQUA	AQUA AEROBICS	DEEP AQUA		

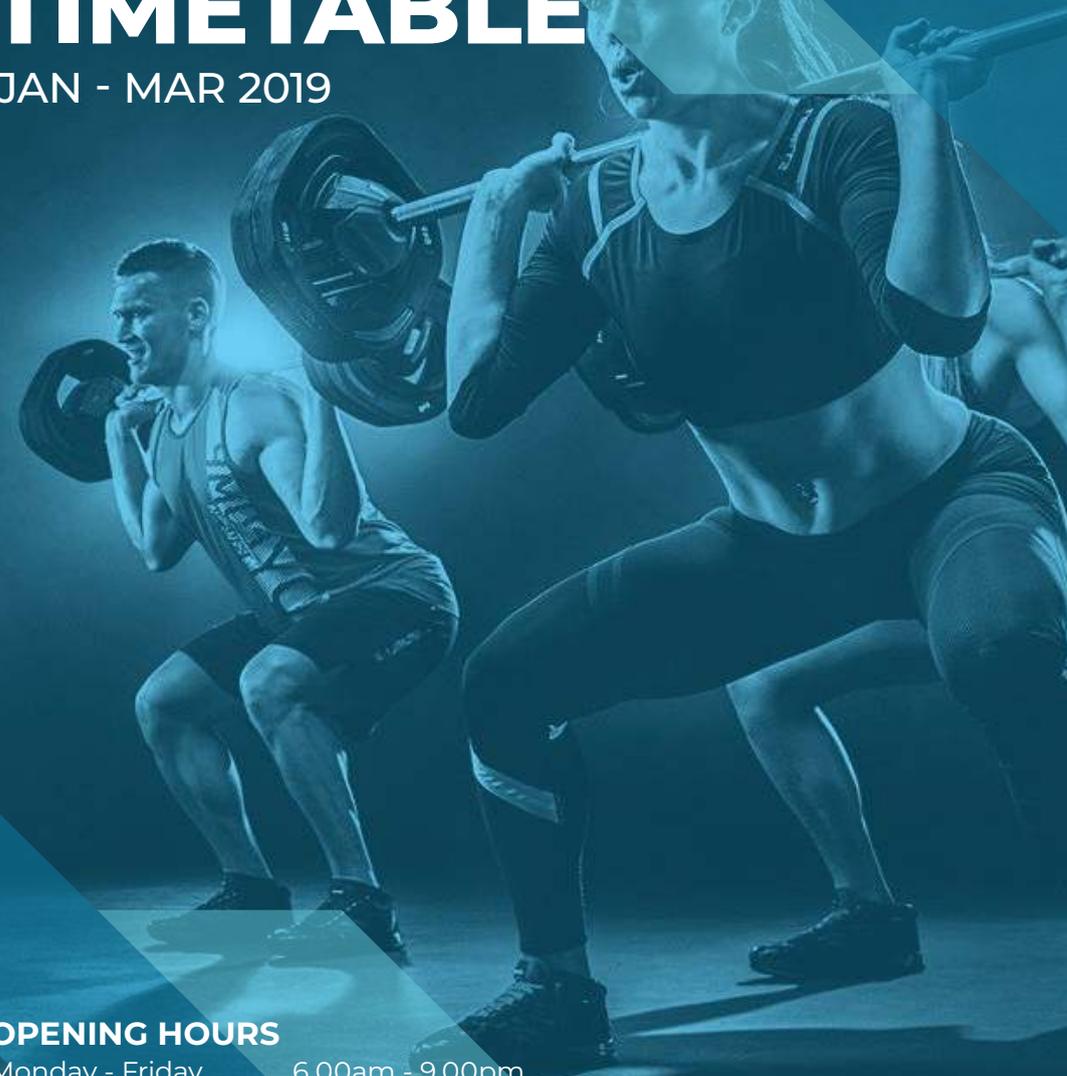
UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	TIME	CLASS
AUSTRALIA DAY	MONDAY 28 TH JANUARY	9.00 AM - 6.00PM	NO CLASSES

CLASS DESCRIPTIONS

AQUA AEROBICS	Great interval workout for anyone using minimum impact to develop strength and fitness. Burn an unbelievable amount of calories.
DEEP AQUA	High intensity cardio workout with participants suspended in the water with a flotation belt.
AQUA THERAPY	A series of gentle exercises, perfect for those with muscle and joint injuries or limitations.
BOXING	A high energy workout incorporating focus pad punching drills, combinations, body weight exercises, core stability work to increase cardio fitness, muscle tone, coordination.
CYCLE	Ride to the rhythm of music as you take on various terrains with your cycle coach set to motivating music. Great for all fitness levels.
seniors gym	Instructors will lead you through a variety of exercises aimed at maintaining cardiovascular fitness, strength and flexibility. Class can be tailored to individual needs.
LES MILLS BODYPUMP	The original LES MILLS barbell class, will sculpt, tone and strengthen your entire body.
PILATES	Strengthen your core, improve your flexibility, coordination and balance by focusing on correct body alignment, breathing and strengthening your muscles.
ACTIVE TEENS	Fully supervised class aimed at teaching teenagers, the benefits of exercise with an emphasis on correct technique in a social, fun and motivating environment.
POWERBAR	Power Bar is a low impact workout using specially designed barbells. This class is perfect for toning and conditioning your body whilst working your cardiovascular system at the same time. This class strengthens your entire body and challenges all your major muscle groups.
FX30	A high energy, HITT workout packed neatly into a short period of time!
STRETCH	Improve the flexibility of your joints and muscles with our stretch classes. Stretching is a vital component in any fitness regime, whether you're a fitness newbie or a professional level athlete, it can boost the effectiveness of your workout routine.
metafit	A moderate intensity freestyle workout that combines cardiovascular training and muscle toning. Using a variety of exercises to shape and tighten the whole body. Suitable to all ages and fitness levels.
HITT	H.I.I.T stands for High Intensity Interval Training. Movements are big involving every muscle working together, and intervals are short (less than a minute) so you can give max effort. Suitable for intermediate to advanced fitness levels.
ZUMBA fitness	An aerobic fitness program featuring movements inspired by various styles of Latin American dance.
CORE YOGA MEDITATION	Moving meditation of breath, awareness, core strengthening and stretching that will calm and focus the mind and cultivate a state of active relaxation. Mind Body Meditation focus on using yoga-based tools and techniques to assist in progressive relaxation and stress reduction.
BOOT CAMP	Is a group based training program focused on achieving personal results. Try it now!

GROUP FITNESS TIMETABLE

JAN - MAR 2019



OPENING HOURS

Monday - Friday	6.00am - 9.00pm
Saturday	8.00am - 6.00pm
Sunday	9.00am - 6.00pm
Public Holidays	9.00am - 6.00pm