

# GROUP FITNESS TIMETABLE

| MAIN STUDIO |                    |              |                    |                                 |           |                    |
|-------------|--------------------|--------------|--------------------|---------------------------------|-----------|--------------------|
| TIME        | MON                | TUE          | WED                | THU                             | FRI       | SAT                |
| 6.15 AM     | POWERBAR           | BOXING       | LES MILLS BODYPUMP | metafit.<br>BODYWEIGHT TRAINING | CYCLE     |                    |
| 7:00 AM     |                    |              |                    |                                 | PILATES   |                    |
| 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    | PURSUIT            | 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 | FX30         | PILATES            | LES MILLS BODYPUMP              | BOXING    |                    |
| 6.30 PM     | BOOT CAMP          |              | FX30               | STRETCH                         |           |                    |

| POOL     |               |               |               |               |               |               |
|----------|---------------|---------------|---------------|---------------|---------------|---------------|
| TIME     | MON           | TUE           | WED           | THU           | FRI           | SAT           |
| 8:00 AM  |               |               | GENTLE AQUA   |               |               |               |
| 8.30 AM  |               | DEEP AQUA     |               |               | AQUA AEROBICS |               |
| 9.30 AM  | AQUA AEROBICS | AQUA AEROBICS |               | AQUA AEROBICS |               | AQUA AEROBICS |
| 12.00 PM | GENTLE AQUA   |               | GENTLE AQUA   |               | GENTLE AQUA   |               |
| 5.30 PM  |               | DEEP AQUA     | AQUA AEROBICS | DEEP AQUA     |               |               |

# CLASS DESCRIPTIONS

|                                     |   |
|-------------------------------------|---|
| <b>AQUA AEROBICS</b>                | Great interval workout for anyone using minimum impact to develop strength and fitness. Burn an unbelievable amount of calories.  |
| <b>DEEP AQUA</b>                    | High intensity cardio workout with participants suspended in the water with a flotation belt.   |
| <b>GENTLE AQUA</b>                  | A series of gentle exercises, perfect for those with muscle and joint injuries or limitations.  |
| <b>BOXING</b>                       | A high energy workout incorporating focus pad punching drills, combinations, body weight exercises, core stability work to increase cardio fitness, muscle tone, coordination.  |
| <b>CYCLE</b>                        | 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.  |
| <b>seniors gym</b>                  | Instructors will lead you through a variety of exercises aimed at maintaining cardiovascular fitness, strength and flexibility. Class can be tailored to individual needs.  |
| <b>LES MILLS BODYPUMP</b>           | The original LES MILLS barbell class, will sculpt, tone and strengthen your entire body.  |
| <b>PILATES</b>                      | Strengthen your core, improve your flexibility, coordination and balance by focusing on correct body alignment, breathing and strengthening your muscles.   |
| <b>ACTIVE TEENS</b>                 | Fully supervised class aimed at teaching teenagers, the benefits of exercise with an emphasis on correct technique in a social, fun and motivating environment.   |
| <b>POWERBAR</b>                     | 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.     |
| <b>FX30</b>                         | A high energy, HITT workout packed neatly into a short period of time! (30 min)   |
| <b>STRETCH</b>                      | 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.                          |
| <b>metafit. BODYWEIGHT TRAINING</b> | 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.  |
| <b>CORE YOGA MEDITATION</b>         | 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. |
| <b>BOOT CAMP</b>                    | Is a group based training program focused on achieving personal results. Try it now!  |
| <b>PURSUIT</b>                      | 30 minutes of HIIT (High Intensity Interval Training) on a bike. Intense bursts of energy for sprints and climbs with rests in between that prepare you for the next effort. A short and intense class that will burn calories for hours.   |

# GROUP FITNESS TIMETABLE

JUL - SEP 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 |