

# GROUP FITNESS TIMETABLE

MAIN STUDIO						
TIME	MON	TUE	WED	THU	FRI	SAT
6.15 AM	POWERBAR	BOXING	LES MILLS BODYPUMP	FX30	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		BOXING	MIND AND BODY PILATES	POWERBAR	
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		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				

UPCOMING PUBLIC HOLIDAYS				
DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
AUSTRALIA DAY	MONDAY 27 <sup>TH</sup> JANUARY	9:00AM - 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.
GENTLE AQUA	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! (30 min)
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.
MIND AND BODY PILATES	Ideal for those seeking stress relief while simultaneously promoting strength, fitness and balanced energy levels. A broad holistic class designed to promote the union and integration of Mind and Body. Our classes are informative, co-operative, explorative and fun.
BOOT CAMP	Is a group based training program focused on achieving personal results. Try it now!
PURSUIT	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

JAN - MAR 2020

## OPENING HOURS

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