

## GROUP FITNESS TIMETABLE – EFFECTIVE July 13<sup>th</sup> 2020

### MAIN ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:10AM</b>			Body Pump Janny	Metafit Jasmin	Body Pump Mel B		
<b>6:45AM</b>							
<b>8:30AM</b>						Body Pump Andrea	
<b>9:15AM</b>		Metafit Jasmin					
<b>9:30AM</b>	Body Pump Mon		Body Pump Mon	Body Step Mel J	Body Pump Mon		
<b>10:00AM</b>		Metafit Jasmin					
<b>10:45AM</b>		Sh'Bam Mel J	Body Balance Mon	Tabata Mel J	Body Balance Mon		
<b>11:00AM</b>	Active Adults Claire						
<b>1:00pm</b>							
<b>5:20PM</b>		GRIT Caz					
<b>5:30PM</b>	Body Pump Mon		Body Pump Katie	Body Attack Loz	General Yoga Katie		
<b>6.00PM</b>		CXWORX Caz					
<b>6:40PM</b>							

### CYCLE STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9.00AM</b>				Sprint Tiz	
<b>10:00AM</b>				Sprint Tiz	
<b>5.00PM</b>			Cycle Jasmin		
<b>5.45PM</b>			Cycle Jasmin		
<b>6.00PM</b>		Sprint Tiz		Sprint Tiz	

## WELLNESS STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:10AM</b>	General Yoga Katie					
<b>6:45AM</b>						
<b>8:00AM</b>						
<b>9:00AM</b>	Mat Pilates Abbey				Mat Pilates Claire	
<b>10:00AM</b>	Mat Pilates Claire	Strong Yoga Kaz		Strong Yoga Kaz	Mat Pilates Claire	
<b>10:40AM</b>						
<b>11:00AM</b>		Gentle Yoga Kaz		Gentle Yoga Kaz		
<b>5.15PM</b>			Mat Pilates Claire			
<b>6:15PM</b>			Mat Pilates Claire			
<b>6:30PM</b>						

## AQUA CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9.15AM</b>						
<b>9:45AM</b>		Aqua Mild Tiz	Aqua Mild Claire	Aqua Mild Claire	Aqua Mild Harry	Aquafit Adie
<b>10:45AM</b>		Warm Water Ex Tiz	Warm Water Ex Claire	Warm Water Ex Claire		
<b>1:00PM</b>						
<b>6.00PM</b>		Aquafit Janny		Aquafit Harry		
<b>6:45PM</b>						

# CLASS DESCRIPTIONS

## FREESTYLE CLASSES

### **PILATES** 45mins

Pilates will help improve posture, core strength and flexibility which is great for injury prevention. Caters to all fitness levels with a combination of balance and floor work.

### **METAFIT** 30mins

Metafit is a high intensity cardio HIIT workout that uses a variety of body weight exercises to get results fast.

### **BARRE** 60mins

With the use of the Ballet Barre, small hand weights, resistance bands, and exercise balls, Barre incorporates moves from ballet, and aids in improving strength, posture, balance, stability, and muscle definition.

### **Float Fit** 30mins

Low to moderate impact class done on an aqua base utilising the natural fluidity of water to challenge the body's core strength and balance. A mix of exercises done in circuit format, with controlled work and rest periods will give the participant an effective training session, as well as a fun and stimulating workout.

\*Board weight limit 110kg. \*Some upper body strength required to mount the board.

### **RESTORE AND RELAX YOGA** 45 mins

A prop supported journey into deep restorative rest and relaxation

### **GENTLE FLOW YOGA** 50mins

A gentle moving class that supports you to connect breath and movement, with time to find your own rhythm. Move, breathe, connect and relax. Suitable for beginners, with extensions offered for students with experience.

### **GENERAL YOGA** 50mins

A class which focuses on key postures and correct alignment, combining simple sequences with great posture. The class incorporates the yoga philosophy of combining movement with breath to allow you to feel the full benefits of a strong, healthy, and calm mind and body. With a beautiful Savasana (relaxation) to finish.

### **AQUAFIT** 45mins

A non-impact water-based fitness class that uses a combination of exercises to increase cardio fitness, using noodles and/or aqua dumbbells to help shape and tone your entire body.

### **AQUA MILD** 45mins

Improve muscle tone and keep fit with this great blend of cardio and resistance training. Aqua aerobics offers a gentle, low impact style of exercise for all ages and abilities.

### **WARM WATER AQUA** 30mins

A gentle form of aqua exercise held in the hydrotherapy pool. The class is low intensity and has ramp access.

### **ACTIVE ADULTS** 45mins

A low impact strength and aerobic class to keep your body moving, using simple routines, stretches, and light weights to improve strength and bone health.

## LES MILLS CLASSES

### **BODY ATTACK** 55mins

Body Attack is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

### **BODY BALANCE** 55mins

Body Balance is a Yoga, Tai Chi and Pilates based class that improves your mind, body and life. You will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm, centred and happy.

### **BODY COMBAT** 55mins

Body Combat is a high energy martial arts inspired workout. You'll punch and kick your way to fitness. This full body workout is non-contact. You'll release stress, have a blast and feel like a champ.

### **BODY PUMP** 55mins

A barbell class that strengthens and tones your entire body to ensure you get results — fast. Body Pump challenges all of your major muscle groups by using strength exercises such as squats, presses, lifts and curls.

### **CXWORX** 30mins

A strong core equals a strong body. Be guided through resistance tube, weight plate and body weight exercises that target the torso and sling muscles and are adaptable to any level of fitness.

### **LES MILLS SPRINT** 30mins

Push your limits with this high intensity, low impact indoor spin workout. Alternate bursts of intensity with periods of rest to reach your fitness goals fast and burn calories for hours.

### **SH'BAM** 45mins

Get your heart rate up with a series of simple dance moves during this insanely addictive party workout. No dance experience necessary.

### **LES MILLS GRIT** 30mins

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximises calorie burn.

### **BODY STEP** 55mins

Using a step with adjustable risers to suit the participants level of fitness, Body Step is a cardio workout great for building up your fitness, with a little sense of added fun.

