

## GROUP EXERCISE STUDIO 15/1/18-21/12/17

TIME	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
8.35AM						<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>
9.25AM	<b>LES MILLS BODYPUMP</b>	<b>THT</b>	<b>LES MILLS BODYSTEP</b>	<b>YOGA</b>	<b>LES MILLS BODYPUMP</b>		
9.40AM						<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYSTEP</b>
10.35AM	<b>YOGA</b>	<b>LES MILLS BODYPUMP</b>	<b>YOGA</b>	<b>ZUMBA FITNESS</b>			
10.45AM						<b>ZUMBA FITNESS</b>	
11.45AM						<b>YOGA</b>	
5.45PM	<b>LES MILLS CXWORX</b>		<b>LES MILLS CXWORX</b>				
6.15PM	<b>LES MILLS BODYPUMP</b>	<b>CARDIO BOX</b>	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>	<b>ZUMBA FITNESS</b>		
7.20PM		<b>LES MILLS BODYSTEP</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>			

### CYCLE STUDIO

10.45AM			<b>LES MILLS RPM</b>			<b>LES MILLS RPM</b>	
7.00PM		<b>LES MILLS RPM</b>					

### FUNCTIONAL TRAINING ZONE

6.15AM			<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING				
9.30AM			<b>STRENGTH</b>				
5.45PM		<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING		<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING			
6.30PM	<b>INTERVAL STRENGTH</b>						

### STADIUM ZONE

9.30AM				<b>ADRENALINE HIT</b>			
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### AQUA

9.15AM	<b>AQUAFIT</b>	<b>AQUAARTHRITIS</b>	<b>AQUAFIT</b>	<b>AQUAARTHRITIS</b>	<b>AQUAFIT</b>		
10.15AM	<b>AQUAARTHRITIS</b>	<b>AQUABEGINNERS</b>	<b>AQUAARTHRITIS</b>	<b>AQUAFIT</b>			
11.15AM	<b>AQUAARTHRITIS</b>		<b>AQUAARTHRITIS</b>				
7.00PM		<b>AQUAHYDRO</b>		<b>AQUAHYDRO</b>			

Group Fitness Timetable

**JOIN for just \$1**

**Make 2018 the year for a healthier you!**

\*Offer available on all new memberships until 29 February 2018

**Please note:**

Standard Casual Entry to any Group Fitness Class is \$14.10, Concession Casual Entry is \$11.30.

Some classes require the minimum age of 16 years in order to participate: (e.g. BODYPUMP).

No entry to any class 5 minutes after its scheduled commencing time.

Class limits apply, be early to avoid disappointment.

Consult your Doctor prior to participating in any Group Fitness Program.

Remember to bring a towel and water bottle to your class.

# Group Fitness Descriptions



	<p>BodyAttack   Sports Inspired Cardio   High Intensity   55 minutes</p> <p>Body Attack is the sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilisation</p>
	<p>Body Balance is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.</p>
	<p>BodyPump is an intense, low impact weights based, resistance training class designed to give your body a complete workout. Pump will build strength, tone your body and push you to the limit every</p>
	<p>An athletic step workout, designed to burn calories &amp; tone muscle fast, whilst improving endurance, agility and coordination. This class will make you feel alive!</p>
	<p>Based on cutting edge scientific research this challenging 30 minute moderate to high intensity, personal training inspired workout will have you powering up your core strength, while tightening and toning your core!</p>
	<p>45 minutes express BodyPump Class for those that are short of time or wish to combine this session with another class.</p>
	<p>Discover your athlete within, with this high intensity, indoor cycling program. This interval training class will get your pulse racing as the instructor leads the pack through hills, flats, peaks and speed. 30 and 45 minute options are available on certain days, please check class schedule.</p>
	<p>Suitable for individuals with mild to advanced joint involvement, regardless of their previous activity level. It aims to relieve stiffness, restore or maintain joint range of motion, muscle strength, improve posture and endurance.</p>
	<p>A low intensity aquatic workout suitable for older adults and beginners. A great way to improve your fitness without any impact.</p>
	<p>A low intensity aquatic workout suitable for older adults, from beginners to advanced. Improve your strength with aqua dumbbells and aqua noodles without any impact or muscle soreness.</p>
	<p>Circuit based aqua workout consisting of phases of high intensity and low intensity moves. A great, energetic class held in the warm-water pool.</p>
	<p>Held in the warm-water pool, this class involves gentle exercises to stretch and strengthen muscles all over the body. Ideal for those returning to exercise from injury and needing rehabilitation in the warm water.</p>
	<p>Exotic rhythms set to high energy latin and international beats. It's a combination of fitness and dance moves to swinging latin music. Totally exhilarating!</p>
	<p>Tummies, Hips and Thighs is a combination of simple aerobic movements and strengthening exercises. Made for the general clientele and all levels of fitness can participate. Tuesdays at 6.15pm class will turn into a Women's Only class. TBA</p>
	<p>Our instructors will gently guide you to a new level of strength and flexibility whilst helping you to re-centre and relax yourself. It will develop an alignment of body, mind and spirit for a healthier state of being.</p>
	<p>A boxing circuit that improves cardiovascular fitness, muscular endurance, speed and co-ordination. Please note bringing your own inner gloves are mandatory. This class runs for 45 minutes in the Stadium.</p>
	<p>A small group training 30 minute class that runs in our Health Club's Gym Floor. This session focuses on building strength, resistance and muscle endurance through interval training. Open to all levels of participants.</p>
	<p>High Intensity Interval Training program designed for everyone to help you reach your fitness goals faster in a fun and challenging team environment. These small group training sessions involving functional movement patterns.</p>
	<p>Pilates classes build strength, flexibility and lean muscle tone with an emphasis on lengthening the body and aligning the spine, rather than on bulking and shortening the muscles.</p>
	<p>Adrenaline High Intensity Training (HIT) is an innovative functional fitness program designed to improve strength and conditioning in a focused, fun and social environment. Distinctly different from other types of group training, Adrenaline HIT™ focuses on functional movements in a small group setting. Runs for 45 minutes.</p>
	<p>30 minute session in the Gym focussed on building strength through small movements and different methods of training. Open to all levels.</p>
	<p>A gentle exercise class at a lower intensity which targets the strengthening and toning of the body bringing in also functional mobility back to those that are looking at starting from an easier pace.</p>