

GROUP EXERCISE STUDIO *June 2018*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05AM	LES MILLS BODYPUMP 45	Coming soon! metafit.	LES MILLS BODYPUMP 45	metafit.			
8:45AM						LES MILLS BODYATTACK 45	
9:30AM	LES MILLS BODYPUMP	THT	LES MILLS BODYSTEP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP
10:30AM	ZUMBA FITNESS	LES MILLS BODYBALANCE	YOGA	ZUMBA FITNESS	CARDIO BOX	YOGA	LES MILLS BODYSTEP
11:30AM	Coming soon! LES MILLS BODYBALANCE	GENTLE EXERCISE Chair	Coming soon! BodySculpt		Coming soon! BodySculpt		
5:30PM	LES MILLS BODYPUMP	THT	LES MILLS BODYATTACK	LES MILLS BODYSTEP			
6:30PM	LES MILLS BODYATTACK	CARDIO BOX	CARDIO BOX	LES MILLS BODYPUMP	Coming soon! LES MILLS BODYPUMP		
7:30PM	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYBALANCE			
8:30PM	YOGA	PILATES					

CYCLE STUDIO

6:05AM							
10:30AM			LES MILLS RPM 30		LES MILLS RPM 30	LES MILLS RPM	
7:00PM		LES MILLS RPM	LES MILLS RPM				
7:30PM				Coming soon! SPIN			

FUNCTIONAL TRAINING ZONE

6:15AM			HIIT HIGH INTENSITY INTERVAL TRAINING				
9:30AM			STRENGTH		STRENGTH		
6:00PM				HIIT HIGH INTENSITY INTERVAL TRAINING	INTERVAL STRENGTH		
6:30PM	INTERVAL STRENGTH	HIIT HIGH INTENSITY INTERVAL TRAINING					

STADIUM ZONE

9:30AM	ADRENALINE HIT	GENTLE EXERCISE Land		ADRENALINE HIT			
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AQUA

9:15AM	AQUAFIT	AQUAARTHRITIS	AQUAFIT	AQUAARTHRITIS	AQUAFIT		
10:15AM	AQUAARTHRITIS	AQUABEGINNERS	AQUAARTHRITIS	AQUAFIT	AQUAREHAB		
11:15AM	Coming soon! AQUA HYDRO	Coming soon! AQUAREHAB	AQUAARTHRITIS	Coming soon! AQUAREHAB	AQUAARTHRITIS		
7:00PM		AQUA HYDRO		AQUA HYDRO			

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



LES MILLS BODYPUMP	BodyPump is a 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 time! Designed for all ages & fitness levels it's the perfect program to start your Group Fitness journey with.
LES MILLS BODYPUMP 45'	45 minutes express BodyPump Class for those that are short of time or wish to combine this session with another class.
LES MILLS BODYATTACK	BodyAttack Sports Inspired Cardio High Intensity 55 minutes 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
LES MILLS BODYATTACK 45'	45 minutes express BodyAttack Class for those that are short of time or wish to combine this session with another class.
LES MILLS BODYSTEP	An athletic step workout, designed to burn calories & tone muscle fast, whilst improving endurance, agility and coordination. This class will make you feel alive!
LES MILLS RPM	Discover your athlete within, with this 45 minute 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 challenges to improve overall cardiovascular fitness.
LES MILLS RPM 30'	30 minutes express RPM Class for those that are short of time or wish to combine this session with another class.
SPIN	Spin is an explosive freestyle cycle class designed to enhance your endurance, burn calories and tone your body, through a hardcore session of indoor cycling. You will be riding longer, resting less and racing your way to fitness!
LES MILLS BODYBALANCE	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.
AQUAARTHRITIS	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.
AQUABEGINNERS	A low intensity aquatic workout suitable for older adults and beginners. A great way to improve your fitness without any impact.
AQUAFIT	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.
AQUAHYDRO	Circuit based aqua workout consisting of phases of high intensity and low intensity moves. A great, energetic class held in the warm-water pool.
AQUAREHAB	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.
ZUMBA FITNESS	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!
THT	Tummies, Hips and Thighs is a combination of simple aerobic movements and strengthening exercises. Made for the general clientelle and all levels of fitness can participate.
BodySculpt	Feel Revived! A low impact workout for your whole body that will get your core working harder for a leaner, stronger you. This class will enable you to feel an increased sense of energy and reduced stress Great class for beginner through to young at heart fitness fanatics.
PILATES	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.
YOGA	Our instructors will gently guide you to a new level of strength and flexibility whilst and helping you to re-centre and relax yourself. It will develop an alignment of body, mind and spirit for a healthier state of
CARDIO BOX	A boxing circuit that improves cardiovascular fitness, muscular endurance, speed and co-ordination. Please note bringing your own inner gloves are mandatory & bringing your own Boxing Gloves is recommended as we only have limited equipment.
metafit	Metafit is a High Intensity Training body weight w workout that will help you burn extra calories, even after the class has finished!
ADRENALINE HIT	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.
INTERVAL STRENGTH	A small group training 30 minute class that runs in our Health Club's Gym Floor. This session focusses on building strength, resistance and muscle endurance through interval training. Open to all levels of participants.
HIIT HIGH INTENSITY INTERVAL TRAINING	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 session involving functional movement patterns.
STRENGTH	30 minute session in the Gym focussed on building strength through small movements and different methods of training. Open to all levels.
GENTLE EXERCISE Land	A gentle exercise class at a lower intensity which targets the strengthening and toning of the body bringin also functional mobility back to those that are looking at starting from an easier pase.
GENTLE EXERCISE Chair	Gentle exercise class using exercises and elements of training around a chair. Aimed at improving movement and mobility.