

## GROUP EXERCISE STUDIO \*October 2018\*

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

## CYCLE STUDIO

9:30AM					<b>LES MILLS RPM</b>		
10:30AM			<b>LES MILLS RPM</b> 30'			<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>
6:45PM		<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>				
7:30PM				<b>SPIN</b>			

## FUNCTIONAL TRAINING ZONE

9:00AM			<b>INTERVAL STRENGTH</b>		<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING		
9:30AM						<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING	
6:00PM				<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING	<b>INTERVAL STRENGTH</b>		
6:30PM	<b>INTERVAL STRENGTH</b>	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING					

## STADIUM ZONE

9:30AM	<b>ADRENALINE HIT</b>	<b>GENTLE EXERCISE</b> Land		<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>	<b>AQUAREHAB</b>		
11:15AM	<b>AQUAFIT</b>	<b>AQUAFIT</b>	<b>AQUAARTHRITIS</b>	<b>AQUAFIT</b>	<b>AQUAARTHRITIS</b>		
7:00PM		<b>AQUAHYDRO</b>		<b>AQUAHYDRO</b>			

Please note;

- Standard casual entry to any Group Fitness class is \$14.50, Concession \$11.60 Leap Card \$6.30.
- Minimum age for Group Fitness is 16 years
- The timetable is subject to change without notice
- No entry to any class 5 minutes after its scheduled commencement time.
- Class limits apply be early to avoid disappointment.
- Consult you doctor prior to participating in any Group Exercise Program
- Remember to bring a towel and water bottle to your class.

# Group Fitness Descriptions



<b>LES MILLS BODYPUMP</b>	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.
<b>LES MILLS BODYPUMP 45</b>	45 minutes express BodyPump Class for those that are short of time or wish to combine this session with another class.
<b>LES MILLS BODYATTACK</b>	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
<b>LES MILLS BODYCOMBAT</b>	Unleash Your Strength Body Combat is a challenging mix of martial arts, boxing and endurance. This fiercely energetic program will improve your fitness, help you to burn calories and tone your body whilst leaving you feeling inspired and empowered!
<b>LES MILLS BODYSTEP</b>	An athletic step workout, designed to burn calories & tone muscle fast, whilst improving endurance, agility and coordination. This class will make you feel alive!
<b>LES MILLS RPM</b>	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.
<b>LES MILLS RPM 30</b>	30 minutes express RPM Class for those that are short of time or wish to combine this session with another class.
<b>SPIN</b>	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!
<b>LES MILLS BODYBALANCE</b>	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. .
<b>AQUAARTHRITIS</b>	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.
<b>AQUABEGINNERS</b>	A low intensity aquatic workout suitable for older adults and beginners. A great way to improve your fitness without any impact.
<b>AQUAFIT</b>	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.
<b>AQUAHYDRO</b>	Circuit based aqua workout consisting of phases of high intensity and low intensity moves. A great, energetic class held in the warm-water pool.
<b>AQUAREHAB</b>	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.
<b>ZUMBA FITNESS</b>	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!
<b>THT</b>	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.
<b>BodySculpt</b>	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.
<b>PILATES</b>	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.
<b>YOGA</b>	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
<b>CARDIO BOX</b>	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.
<b>metafit</b>	Metafit is a High Intensity Training body weight w workout that w ill help you burn extra calories, even after the class has finished!
<b>ADRENALINE HIT™</b>	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.
<b>INTERVAL STRENGTH</b>	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.
<b>HIIT HIGH INTENSITY INTERVAL TRAINING</b>	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.
<b>GENTLE EXERCISE Land</b>	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.
<b>GENTLE EXERCISE Chair</b>	Gentle exercise class using exercises and elements of training around a chair. Aimed at improving movement and mobility.