

GROUP FITNESS TIMETABLE

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| GROUP FITNESS – STUDIO 1 – INSTRUCTOR LEAD CLASSES | | | | | | | |
|----------------------------------------------------------------------------|---------------|---------------|----------------|---------------|----------------|----------------|-------------|
| GROUP FITNESS – STUDIO 1 – VIRTUAL CLASSES – Please see class descriptions | | | | | | | |
| | MON | TUE | WED | THUR | FRI | SAT | SUN |
| 6.00am | STRENGTH | RPM 45 | BODY PUMP 45 | CYCLE 45 | BODY PUMP 45 | | |
| 7.00am | STRETCH 30 | STRENGTH | CORE+CARDIO 30 | STRETCH 30 | CYCLE 30 | | |
| 8.05am | | | | | | RPM 45 | |
| 8.30am | STRETCH 15 | CYCLE 30 | YOGA FLOW 45 | CYCLE 30 | STEP 30 | | BODY PUMP |
| 9.00am | SPRINT 30 | STRETCH 30 | | STRETCH 30 | STRETCH 15 | BODY STEP | |
| 9.30am | | T.H.T | RPM 45 | T.H.T | RPM 45 | | BODY COMBAT |
| 9.35am | PILATES 45 | | | | | | |
| 10.00am | | | | | | BODY PUMP 45 | |
| 10.30am | BODY PUMP | GOLDEN OLDIES | BODY PUMP | BODY BALANCE | BODY PUMP | | CYCLE 45 |
| 11.00am | | | | | | YOGA | |
| 11.30am | | | | | | | YOGA FLOW |
| 11.35am | LIVING LONGER | YOGA | LIVING LONGER | POST NATAL 45 | YOGA FUSION | | |
| 12.00pm | | | | | | ZUMBA | |
| 12.35pm | | | | | MEDITATION 30 | | |
| 2.00pm | STEP 30 | STRENGTH | SCULPT+TONE 30 | STRENGTH | STRETCH 30 | CORE+CARDIO 30 | STRENGTH |
| 5.30pm | SPRINT 30 | RPM 40 | SPRINT 30 | | CYCLE 30 | | |
| 6.00pm | | | BODY PUMP 45 | REZCARDIO 45 | | | |
| 6.15pm | PILATES 45 | T.H.T 45 | | | SCULPT+TONE 30 | | |
| 7.00pm | BODY PUMP | BODY BALANCE | BODY STEP | ZUMBA | | | |

| AQUATIC – 25M or HYDROTHERAPY POOL | | | | | | | |
|------------------------------------|---------------|---------------|---------------|---------------|-----------------|-----|-----|
| | MON | TUE | WED | THUR | FRI | SAT | SUN |
| 8.00am | ARTHRITIS 45 | | | | ACTIVE HYDRO 45 | | |
| 9.00am | AQUA MOVES 45 | AQUA MOVES 45 | AQUA MOVES 45 | AQUA MOVES 45 | | | |
| 9.30am | | | | | ARTHRITIS 45 | | |
| 10.00am | | ARTHRITIS 45 | ARTHRITIS 45 | ARTHRITIS 45 | | | |
| 7.20pm | AQUA MOVES 45 | | AQUA MOVES 45 | | | | |

BRING A TOWEL AND WATER BOTTLE TO EVERY CLASS

CONTACT US:

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CLASS DESCRIPTIONS

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| BODY COMBAT | LES MILLS BODYCOMBAT™ - is a high-energy martial-arts inspired workout; non-contact with no complex moves to master. BODYCOMBAT works your legs, tones your arms, back and shoulders and provides phenomenal core training. You develop coordination, agility, speed, and feel empowered. |
| BODY PUMP | LES MILLS BODYPUMP™- use weights to strengthen, condition & tone the whole body. You will also increase bone density, support a healthy metabolism, and walk out feeling the pump! |
| BODY STEP | LES MILLS BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. You can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Plenty of options - suitable for all levels. |
| RezCARDIO 45 | A high-intensity interval workout with well-earned resting periods sure to spike the metabolism and get the heart rate up. A total body workout to simple non choreographed exercises. A different workout every week that's guaranteed to keep you on your toes! |
| T.H.T | A low to medium impact freestyle class focused on strengthening and toning the tummy, hips, and thighs. |
| BODY BALANCE | LES MILLS BODYBALANCE™ combines Yoga, Feldenkrais, Pilates, and Tai Chi with set to great music. It will stretch and strengthen your muscles, improve posture and flexibility, and teach you valuable relaxation techniques. |
| PILATES 45 | A low impact class that focuses on strengthening your whole body, targeting posture, flexibility, and strength. |
| YOGA | Improve your strength and flexibility with this mind and body workout. Walk out with better posture, breathing awareness and a meditated relaxed mind. |
| ZUMBA | Zumba™ - A medium impact class that fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away. Enjoy the way your body moves and don't worry if you forget the steps – it's meant to be fun! |
| LIVING LONGER LIVING STRONGER 45 | Improve functionality for everyday life by increasing your fitness, bone density, balance, coordination, and flexibility. Suitable for chair-based participants. |
| GOLDEN OLDIES 45 | A gentle moving cardio class to help with active daily living, incorporating agility, balance, coordination, and strength exercises. |
| POST NATAL 45 | A session that combines elements of cardio, toning, strengthening, and core work tailored for birthing parents to return to exercise. Excellent for Beginners. Suitable for all fitness levels. Babies' that are not yet crawling are welcome! |
| STRENGTH | A 60min Virtual Barbell class to strengthen, condition & tone the whole body. RIP: Volume 50 An innovative, and challenging workout is right here, set to inspiring new music that is sure to motivate seasoned veterans as well as new explorers. We've got you working in all planes of motion with a plethora of exercises, changing speeds, repetitions, varying ranges of motion, and bodyweight exercises. Don't forget to bring a towel. <u>Equipment:</u> Bench and 4 risers, bar, and various weight plates <i>** We recommend participants are familiar with weights or have participated in an instructor lead strength class (E.g., Body Pump) before attending virtual strength.</i> |
| STRETCH 30 | 30min class. M1ND 13: PREP N STRETCH. Concentrating on mobility exercises to increase Range of Motion & efficacy for lifts and depth for squats this is perfect for a pre-workout warm up or post cool down stretches. <u>Equipment:</u> Mat |
| STRETCH 15 | 15min class. 15-MINUTE POST WORKOUT YOGA STRETCH. Try this quick 15min routine to reap the benefits of yoga. Great for all levels. <u>Equipment:</u> Mat |
| ABS 10 | 10min class. 10-MINUTE ABS BLASTER. Don't let the short duration fool you— this workout will have your abs burning. You'll work through various crunch and plank variations to target every single part of your core. <u>Equipment:</u> Mat and optional weight plate |
| CORE+CARDIO 30 | 30min class. SH1FT 51: COREDIO. Controlled core + cardio core with 2 HIIT pushes. A simple formula for maximum results. A great lower impact workout to build strength and stability. <u>Equipment:</u> Mat |
| SCULPT+TONE 30 | 30min class. SCUPLT & TONE: UPPER BODY. This workout lift, sculpts and defines in all the right places, with upper body and abs focus. <u>Equipment:</u> 2 x weight plates, mat |
| CYCLE 30 | 30min class. REVOLUTION Volume 51 brings the heat in more ways than one. By varying the speed, resistance, and riding position, we conquer the terrain together, one revolution at a time. Music is our friend, toying with us to work, push harder, then go all out as we ride through the flats, pedal over hills, push up steep climbs, and test our speed. |
| STEP 30 | 30min R1ZE 19: BEATBURN. Classic step with simple cardio and plyometric combos. Hit the beat... feel the burn! <u>Equipment:</u> Bench with 2 risers – optional no risers. |
| YOGA FLOW 45 | 45-minute ATHLETIC YOGA FLOW - designed to elevate your heart rate, build strength & work your core. <u>Equipment:</u> Mat |
| RPM 45 | LES MILLS RPM™ - A group indoor cycling workout where you control the intensity. It's a fun low impact cardio workout where you can push hard, or cruise – you're in charge of the ride! Reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. |
| SPRINT 30 | LES MILLS SPRINT™ - It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results |
| CYCLE 45 | An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training. |
| RezFIT 30/45 | A small group session filled with functional training movements incorporating TRX, battle ropes, sleds and kettlebells in the Functional area of the gym. A great way to learn new exercises. Suitable for all levels. |
| ACTIVE HYDRO 45 | Water exercise in the hydrotherapy pool designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints. |
| AQUA MOVES 45 | Water exercise in the 25-metre pool designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints. |
| ARTHRITIS 45 | Slow paced gentle water exercise in a supportive warm hydrotherapy pool suitable for those coming back from injury or with chronic conditions. |