



GROUP FITNESS TIMETABLE

STUDIO 1

	INSTRUCTOR LEAD CLASSES		INSTRUCTOR LEAD CYCLE CLASSES		VIRTUAL CLASSES		
	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	STRENGTH	RPM 45	BODY PUMP 45	CYCLE 45	BODY PUMP 45		
7.00am	MOBILITY 20	STRETCH 20	MOBILITY 20	STRETCH 20	MOBILITY 20		
8.10am	LOW IMPACT 30	CARDIO CORE 30	CARDIO CORE 30	LOW IMPACT 30	LOW IMPACT 30	RPM 45	
8.30am							BODY COMBAT
9.00am	STRETCH 20	MOBILITY 20	STRETCH 20	MOBILITY 20	STRETCH 20	BODY STEP 45	
9.30am	SPRINT 30	BODY PUMP	RPM 45	CARDIO+CORE	RPM 45		BODY PUMP 45
9.45am						BODY PUMP	
10.30am	PILATES 45	SA - CARDIO 45	YOGA	BODY BALANCE	BODY PUMP		CYCLE 45
11.00am						YOGA	
11.30am	SA - STRENGTH 45	POST NATAL 45	SA - STRENGTH 45	POST NATAL 45	YOGA FUSION		YOGA
12.00pm						ZUMBA	
2.00pm	CARDIO CORE 30	STRENGTH	LOW IMPACT 30	STRENGTH	CARDIO CORE 30	CYCLE	STRENGTH
4.30pm							ZUMBA
5.30pm	SPRINT 30	CYCLE 30	SPRINT 30	SPRINT 30	CYCLE 30		
6.15pm	PILATES 45	CARDIO+CORE 45	BODY PUMP	STAMINA 45	STRENGTH		
7.00pm	BODY PUMP 45	MOBILITY 20		ZUMBA			
7.15pm			BODY BALANCE				
8.00pm	RECOVERY 30			RECOVERY 30			

GYM

	FUNCTIONAL TRAINING SESSIONS						
	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	REZFIT 30	REZFIT 30					
8.15am						REZFIT 45	
8.30am							REZFIT 45
9.15am						REZFIT 45	
12.00pm				REZFIT 30			
5.30pm	REZFIT 45		REZFIT 45				
6.00pm		REZFIT 45					
6.30pm	REZFIT 45		REZFIT 45				

AQUATIC

	25M POOL				HYDROTHERAPY POOL		
	MON	TUE	WED	THUR	FRI	SAT	SUN
8.30am					AQUA MOVES		
9.00am	AQUA MOVES	AQUA MOVES	AQUA MOVES	AQUA MOVES			
9.30am					SA - WARM WATER		
10.00am	SA - WARM WATER	SA - WARM WATER	SA - WARM WATER	SA - WARM WATER			
7.20pm	AQUA MOVES		AQUA MOVES			**All Aquatic classes run for 45mins	

GREEN = NEW CLASS TIME!

BRING A TOWEL AND WATER BOTTLE TO EVERY CLASS

CLASS DESCRIPTIONS

BODY BALANCE®	LES MILLS BODYBALANCE® combines Yoga, Feldenkrais Method, 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.
BODY COMBAT®	LES MILLS BODYCOMBAT® is a high-energy martial art 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® 45	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.
CARDIO+CORE	A medium impact, medium intensity freestyle cardio class also focusing on strengthening and toning the core.
PILATES 45	A low impact class that focuses on strengthening your whole body, targeting posture, flexibility, and strength.
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!
STAMINA 45	An 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!
STAY ACTIVE – CARDIO 45	A gentle moving cardio class to help with active daily living, incorporating agility, balance, coordination, and strength exercises.
STAY ACTIVE – STRENGTH 45	Improve functionality for everyday life by increasing your fitness, bone density, balance, coordination, and flexibility. Suitable for chair-based participants.
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 – just have fun!
CARDIO CORE 30	30min class. (POPSUGAR: 30-MINUTE BEGINNER'S FLOOR CARDIO) Work your entire body, targeting your arms, obliques, core, glutes, and legs. This feel-good routine is performed entirely on the ground and comes with plenty of advancements and modifications. <u>Equipment:</u> Mat
CYCLE	30 or 55min class. (REVOLUTION) Pre-choreographed Indoor Cycling that involves Hills, Flats, Sprints, and Climbs. Achievable by all Fitness Levels. Please arrive few mins before session to set up your bike. <i>** Recommend participants have participated in an instructor lead spin class to be familiar with bike set up.</i>
LOW IMPACT 30	30min class (FITFUSION: FIT AT 40+ WITH JAMES CROSSLEY – FULL BODY WORKOUT) Full body workout designed with an upper body movement, a lower body movement, followed by spiking the heart rate with an active rest. This way the blood's flowing up and down the body. <u>Equipment:</u> Mat & Weight Plate
MOBILITY 20	20min class. (LIVEWIRE: DYNAMIC FULL BODY MOBILITY WITH TOBY HARRIS) Improve joint health and movement quality with this full-body release. <u>Equipment:</u> Mat
STRENGTH	60min class. (RIP) Virtual Barbell class to strengthen, condition & tone the whole body. <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>
RECOVERY 30	30min class. (PHYSIQUE57: STRETCH FOR STRESS RELIEF) Melt, release, and let go with this full body stretch sequence. This fluid flow of movement will leave you feeling not just relaxed, but also help increase range of motion, decrease stress, and leave you with an overall sense of well-being. <u>Equipment:</u> Mat
STRETCH 20	20min class. (LIVEWIRE: LOWER BODY RESET WITH TOBY HARRIS) Enhance hip and leg flexibility with a focused flow. <u>Equipment:</u> Mat
CYCLE 45	A cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.
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
REZFIT	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.
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.
STAY ACTIVE – WARM WATER 45	Slow paced gentle water exercise in a supportive warm hydrotherapy pool suitable for those coming back from injury or with chronic conditions.

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Download the Technogym App to stay informed regarding classes or instructor changes. Members and multi-visit pass holders can reserve their spot using the app. Casual and Fitness passport visitors can book at reception or call 9496 1050.