

GROUP FITNESS TIMETABLE

STUDIO 1	INSTRUCTOR LEAD CLASS		INSTRUCTOR LEAD CYCLE CLASS			VIRTUAL CLASS	
	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am	STRENGTH	RPM 45	BODY PUMP 45	CYCLE 45	BODY PUMP 45		
7.00am	YOGA - STRAP 30	YOGA - SLOW 30	STRETCH - STEP	STRETCH	STRETCH - STEP		
8.10am					LOW IMPACT 30	RPM 45	
8.30am							BODY COMBAT
8.45am	BARRE 30	BALLET BURN 30	AEROBICS 30	UPPER BODY 25	AEROBICS 30		
9.00am						BODY STEP 45	
9.30am	SPRINT 30	BODY PUMP	RPM 45	CARDIO+CORE	RPM 45		BODY PUMP 45
9.45am						BODY PUMP	
10.30am	CARDIO+CORE 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		YOGA
12.00pm						ZUMBA	
2.00pm	TOTAL BODY 45	BARRE 30	BALLET BURN 30	STRENGTH	TOTAL BODY 45	CYCLE	STRENGTH
4.00pm	STRENGTH						
4.30pm							ZUMBA
5.30pm	SPRINT 30	RIDE 30	SPRINT 30	SPRINT 30	RIDE 30		
6.15pm	PILATES 45	CARDIO+CORE	BODY PUMP	STAMINA 45	STRENGTH		
7.00pm	BODY PUMP 45			ZUMBA		Low attendance classes	
7.15pm		YOGA - STRAP 30	BODY BALANCE		STRETCH - STEP		

GYM	FUNCTIONAL TRAINING SESSIONS						
	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am	REZFIT 30	REZFIT 30		REZFIT 30			
8.15am						REZFIT 45	
8.30am							REZFIT 45
9.15am						REZFIT 45	
9.30am					REZFIT 30		
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	THU	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				

NOTE: Post Natal classes will resume Thursday 29th Jan

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.
CORE 45	A workout that helps build core strength, stability and endurance using resistance bands, weight plates and body weight movements.
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 to join in.
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!
AEROBICS 30	30min class. (POPSUGAR: 30-MINUTE WALKING WORKOUT) Get your steps in with this fun and functional cardio workout. It's all low impact – best of all you'll hit over 4000 steps once you're done.
BALLET BURN 30	30min class. (PHYSIQUE57: BALLET BURN) Grace and grit are lit with this full body workout. Ballet inspired moves that will tone, lengthen and strengthen you head to toe.
BARRE 30	30min class. (PHYSIQUE57: GENTLE BARRE) A perfect workout if you are just getting started and want to focus on your technique or want to feel the burn in a more subtle way! <u>Equipment:</u> 2 x Weight Plates, Mat and Chair.
BLITZ 15	15min class. (PHYSIQUE57: STRENGTH VS CARDIO) Innovate interval training sets that combine sizzling strength building moves with a side of cardio. Body weight exercise. <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
RIDE 30	30min class. (SH1FT: RIDE) A high intensity, low impact cardio on spin bike. Boutique cycling meets performance riding in this unique fitness experience.
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>** Recommendation: Participating in an instructor lead strength class (E.g., Body Pump) before attending virtual strength.</i>
STRETCH 30	30min class. (PHYSIQUE57: STRETCH FOR STRESS RELIEF) Melt, release and let go with this full body stretch. This fluid flow if 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
STRECTH – STEP 30	30min class. (SH1FT: MIND 6:STEP) A slow, low impact stretch session using a step to increase the range of motion and flow of movement throughout the wokrouit. <u>Equipment:</u> Mat
TOTAL BODY 45	45min class. (PHYSIQUE57 FULL BODY IN 45) Feel all the sizzle with this full body strength training workout. <u>Equipment:</u> 2 x Weight Plates, Pilates Ball, Mat and Chair
UPPER BODY 25	25min class. (SWEAT FACTOR: 25-MINUTE UPPER BODY CRUSH) A low-impact, strength based Upper Body Crush Routine! You'll have 3 circuits with 5 different exercises, then finish with a ladder burnout. <u>Equipment:</u> Mat
YOGA – SLOW 30	30min class. (DAILYBURN: BALANCE WORK) Slow Flow Yoga. <u>Equipment:</u> Mat & 2 x Yoga Blocks
YOGA – STRAP 30	30min class. (SH1FT: MIND 18:STRAP) Total body mobility and stretch sequence utilising a yoga strap to help deepen the stretches and maintain your position. <u>Equipment:</u> Mat and Yoga Strap
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, cardio, free weights 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.