

# Group Fitness Timetable

Autumn Timetable 5 March - 3 June 2018. Subject to change.

## STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:10AM		<b>LES MILLS BODYPUMP</b> Megan	<b>FIT 45</b> Rochelle	<b>LES MILLS BODYPUMP</b> Rochelle	<b>KIBOX COMBO</b> Michelle	9:00AM	<b>LES MILLS BODYPUMP</b> Roster	<b>LES MILLS BODYSTEP</b> Carolyn/Talia
8:50AM		<b>metafit.</b> Megan		<b>KIBOX COMBO</b> -EXPRESS- Megan		10:00AM	<b>KIBOX COMBO</b> -EXPRESS- Roster	★ <b>LES MILLS BODYBALANCE</b> Pilates YOGA Roster
9:25AM	<b>KIBOX COMBO</b> Sarah C	<b>LES MILLS BODYPUMP</b> Rochelle	<b>FIT 45</b> Mel	<b>LES MILLS BODYPUMP</b> Samantha A	<b>FIT 45</b> Mel	4:30PM		<b>LES MILLS BODYPUMP</b> Cyndi
10:30AM	<b>LES MILLS BODYPUMP</b> Samantha A	<b>LES MILLS CXWORX</b> Megan	<b>LES MILLS BODYPUMP</b> Cyndi	<b>LES MILLS CXWORX</b> Andrew	<b>LES MILLS BODYPUMP</b> -EXPRESS- Megan			
11:00AM		★ <b>TAI CHI</b> Chris		★ <b>Pilates</b> Andrew	<b>metafit.</b> Megan			
11:45AM	★ <b>LOW IMPACT BASICS</b> Marg				★ <b>LOW IMPACT BASICS</b> Chris			
NOON				★ <b>TAI CHI</b> Chris				
4:00PM		★ <b>LOW IMPACT BASICS</b> Kyle						
5:30PM	<b>FIT 45</b> Michelle	<b>LES MILLS BODYPUMP</b> Carolyn	<b>LES MILLS BODYSTEP</b> Carolyn	<b>LES MILLS BODYCOMBAT</b> Michelle	<b>LES MILLS CXWORX</b> Liz			
6:30PM	<b>LES MILLS BODYPUMP</b> Michelle	<b>LES MILLS BODYCOMBAT</b> Michelle	<b>LES MILLS CXWORX</b> Liz	<b>LES MILLS BODYPUMP</b> Michelle				
7:00PM			<b>KIBOX COMBO</b> Liz					
7:30PM	★ <b>LES MILLS BODYBALANCE</b> Carolyn							

## STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:10AM	<b>STAGES FLIGHT</b> Rochelle	<b>LES MILLS RPM</b> Em	<b>LES MILLS RPM</b> Andrea	<b>LES MILLS RPM</b> Megan	<b>STAGES FLIGHT</b> Roster	7:00AM	<b>STAGES FLIGHT</b> Warren/Em	
9:25AM	<b>LES MILLS RPM</b> Tracey	<b>LES MILLS RPM</b> Andrea	<b>STAGES FLIGHT</b> Drew	<b>LES MILLS RPM</b> Liz	<b>STAGES FLIGHT</b> Sarah C	9:00AM	<b>LES MILLS RPM</b> Sarah C	<b>STAGES FLIGHT</b> Cyndi
5:30PM	<b>LES MILLS RPM</b> Sarah C	<b>STAGES FLIGHT</b> Wiz						
6:00PM			<b>STAGES FLIGHT</b> Sarah C	<b>STAGES FLIGHT</b> Warren	<b>LES MILLS RPM</b> Liz			

## STUDIO 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:10AM		★ <b>YOGA</b> Michelle				8:00AM	★ <b>YOGA</b> Mangala	
10:00AM				★ <b>Gently Active</b> Chris				
10:30AM	★ <b>Pilates</b> Sarah		★ <b>LES MILLS BODYBALANCE</b> Marg					
11:00AM					★ <b>YOGA</b> + MEDITATION Riki			
5:30PM				★ <b>YOGA</b> + MEDITATION Mangala				
6:00PM			★ <b>YOGA</b> Michelle					
6:30PM		★ <b>Pilates</b> Marg						

## AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:25AM	★ <b>Water WORKOUT</b> Claire	<b>Aqua ACTION</b> Shirley	★ <b>Gentle WARM WATER</b> Wiz	<b>Aqua ACTION</b> Wiz	★ <b>Water WORKOUT</b> Bec			
10:30AM	★ <b>Gentle WARM WATER</b> Claire	★ <b>Aqua MOVERS</b> Shirley	★ <b>Water WORKOUT</b> Wiz	★ <b>Aqua MOVERS</b> Wiz				
6:30PM		<b>Aqua RUN</b> Wiz						

## GYMNASTICS HALL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00PM				<b>ADULT Gymnastics</b> Jenny				
7:00PM	<b>ADULT Gymnastics</b> Jenny							

★ Indicates classes available on Over 60's discount.

# Class Descriptions

**BODYCOMBAT** A martial arts inspired cardio class. Powerful combinations of boxing, kickboxing, muay thai, and other styles ensure you get great results from interval training. Duration: 55 minutes. Coordination: Low.

**CXWORX** A core training workout that hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. Duration: 30 mins. Coordination: Low.

**BODYPUMP** A workout to challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for - and fast! Duration: 55 mins or BODYPUMP Express 30 mins. Coordination: Low.

**BODYSTEP** An energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. Duration: 55 mins or BODYSTEP Express 30 mins. Coordination: Moderate.

**BODYBALANCE** A 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. Duration: 55 mins. Coordination: Low.

**METAFIT** Metafit is a style of HIIT and is designed to boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible. It gets results because it; Creates a Metabolic Disturbance. Increases your Resting Metabolic Rate. Increases Fat Burning. Duration 30min. Coordination: Low

**KIBOX COMBO** Get the stress out! This freestyle boxing class will keep you guessing and will give you a full body workout using various equipment that incorporates punching techniques, pad work, skipping, running and abdominal work. Duration: 55 mins. Coordination: Moderate.

**FIT 45** If you love variety and a challenge, this is the class for you. This Freestyle, Functional Interval Training class will lift your fitness to the next level. You will be guided through aerobic and resistance training aimed to improve both your cardio and muscular strength and endurance. Duration: 45 mins Coordination: Moderate

**LOW IMPACT BASICS** Enjoy a fun class that is easy for beginners yet challenging for the tried and true exerciser. Low impact aerobics will boost your energy levels, burn calories, reduce stress and get you in shape. No experience necessary! Duration: 45 mins. Coordination: Low.

**PILATES** A class teaching a unique method of body control and conditioning. This class will stretch and strengthen the muscles whilst improving flexibility, stability and balance. Duration: 55 mins. Coordination: Low.

**TAI CHI** Tai Chi is a Chinese exercise system that uses slow, smooth, gentle, body movements to achieve a state of relaxation of both body and mind. Great for all ages. Duration: 45 mins. Coordination: Low.

**YOGA** Uses the practice of yoga postures to develop strength, flexibility and correct postural alignment. Encourages relaxation for the mind and body. Duration: 55 mins. Coordination: Low.

**YOGA + MEDITATION:** Uses the practice of yoga postures to develop strength, flexibility and correct postural alignment. Encourages relaxation for the mind and body. You will use a variety of breathing and concentration techniques to create a still and quiet mind. Blankets and pillows are welcomed. Duration 90 mins. Coordination: Low

**RPM** An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. Duration: 45 mins. Coordination: Low.

**STAGES FLIGHT** This class will challenge your legs, heart and mind. Ride through a mixture of flat roads, steep inclines and short intense intervals. Ride with heavy resistances and steep gradients to build strength and stamina + ride fast sprints and long flat stretches of road to focus on speed and durability. An overall workout that uses our STAGES power meters and new, state of the art flight software. Duration: 45 mins. Coordination: Low.

**ADULT GYMNASTICS** Increase your flexibility and core strength with a weekly gymnastics class. A great fitness alternative for adults, an intermediate coach adapts a personal program to help reach the goals of the individual. Suitable for ages 16 years and over. Duration: 2 hours. Coordination: Low. Cost: \$21.80 per casual class, concession available.

**GENTLY ACTIVE** Gentle exercise for our ageing community. Focus on mobility, flexibility, balance and strength. Seated and standing options. Remain mobile for tasks of daily living. Strong focus on falls prevention.

**AQUA ACTION** A combination of cardio and resistance training with minimal choreography. Suiting all levels of fitness, you control the intensity making it as easy or as hard as you like. Duration: 45 mins. Coordination: Low.

**AQUA MOVERS** A gentle, low impact class in shallow water perfect for those with injuries or limitations. Suitable for all ages and fitness levels. Duration: 45 mins. Coordination: Low.

**WATER WORKOUT** Increase your cardio fitness and strength with moderate to high intensity. Choreographed routines and a variety of circuits with equipment, line and wall work. A fun session for those seeking a challenge or to improve their fitness. Duration: 45 mins. Coordination: Low.

**GENTLE WARM WATER** Held in our warm water pool. Designed to increase and maintain mobility and flexibility. Ideal for older adults, those with chronic illness, recovering from injury or with a disability. Duration: 45 mins. Coordination: Low.

**AQUA RUN** A vigorous, high intensity workout focusing on deep water running. Great for those wanting a fitness challenge, added variety to their fitness regime or requiring rehabilitation. . Duration: 45 mins. Coordination: Low.

Casual Group Fitness Visit Prices	
Adult	\$14.00
Concession	\$11.90
Over 60's	\$7.00
10 Visit Pass	\$126.00
10 Visit Pass - Concession	\$107.10
10 Visit Pass - Over 60's	\$70.00
Adult Gymnastics	\$21.80

### Opening Hours

Mon-Fri: 6am-9pm  
Sat: 6am-6pm  
Sun: 8am-6pm

### Children's Centre Hours

Mon-Fri: 8:45am - 12pm  
90 Minutes \$7.50  
2 Hours \$10.00  
3 Hours \$15.00

[www.ballarataquaticcentre.com](http://www.ballarataquaticcentre.com)

 @BallaratAquaticandLifestyleCentre  @balc\_ballarat