

# Group Fitness Timetable

Autumn Timetable Monday 4 March - Sunday 2 June 2019. Subject to change.

## STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM		<b>LES MILLS BODYPUMP</b> Zoe	<b>FIT 45</b> Rochelle	<b>LES MILLS BODYPUMP</b> Samantha	<b>FITBOX 45</b> Michelle	9:00AM	<b>LES MILLS BODYPUMP</b> Roster	
8:50AM		<b>FIT 30</b> Megan		<b>FITBOX 30</b> Gabrielle		9:30AM		<b>LES MILLS BODYSTEP</b> FREESTYLE/STEP Carolyn/Georgie
9:25AM	<b>FITBOX 45</b> Sarah	<b>LES MILLS BODYPUMP</b> Rochelle	<b>FIT 45</b> Mel	<b>LES MILLS BODYPUMP</b> Gabrielle	<b>FIT 45</b> Mel	10:00AM	★ <b>Pilates</b> Georgie	
10:30AM	<b>LES MILLS BODYPUMP</b> Teymara	<b>LES MILLS CXWORX</b> Megan	★ <b>Roll &amp; Stretch</b> Cyndi/Megan	<b>LES MILLS CXWORX</b> Megan	<b>LES MILLS BODYPUMP</b> Teymara/Claire	10:30AM		★ <b>LES MILLS BODYBALANCE</b> <b>Pilates YOGA</b> Roster
11:00AM		★ <b>TAI CHI</b> Chris	★ <b>Pilates</b> Megan	★ <b>Pilates</b> Megan		11:00AM	★ <b>Roll &amp; Stretch</b> Georgie	
11:45AM	★ <b>LOW IMPACT BASICS</b> Marg				★ <b>LOW IMPACT BASICS</b> Chris	4:30PM		<b>LES MILLS BODYPUMP</b> Samantha/Cyndi
NOON		★ <b>LOW IMPACT BASICS</b> Helen	★ <b>LOW IMPACT BASICS</b> Kyle	★ <b>TAI CHI</b> Chris				
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> Samantha			
6:30PM	<b>LES MILLS BODYPUMP</b> Michelle	<b>LES MILLS BODYCOMBAT</b> Michelle	<b>LES MILLS CXWORX</b> Samantha	<b>LES MILLS BODYPUMP</b> Michelle				
7:00PM			<b>FITBOX 45</b> Sarah					

## STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM	<b>STAGES FLIGHT</b> Rochelle	<b>LES MILLS RPM</b> Megan	<b>LES MILLS RPM</b> Andrea	<b>STAGES FLIGHT</b> Wiz	<b>STAGES FLIGHT</b> Rochelle	7:00AM	<b>STAGES FLIGHT 60</b> Warren	
9:25AM	<b>LES MILLS RPM</b> Tracey	<b>LES MILLS RPM</b> Andrea	<b>STAGES FLIGHT</b> Cyndi	<b>LES MILLS RPM</b> Cyndi	★ <b>CYCLE BASICS</b> Chris	8:00AM		<b>VIRTUAL FLIGHT</b> 20 MIN FTP TEST
12:30PM	<b>VIRTUAL FLIGHT</b>	★ <b>CYCLE BASICS</b> Chris	<b>VIRTUAL FLIGHT</b>	<b>VIRTUAL FLIGHT</b> 20 MIN FTP TEST	<b>VIRTUAL FLIGHT</b>	9:00AM	<b>LES MILLS RPM</b> Sarah	<b>LES MILLS RPM</b> Zoe/Cyndi
5:30PM	<b>LES MILLS RPM</b> Sarah	<b>STAGES FLIGHT</b> Sarah	<b>VIRTUAL FLIGHT</b>			12:00PM	<b>VIRTUAL FLIGHT</b>	<b>VIRTUAL FLIGHT</b>
6:00PM				<b>STAGES FLIGHT 60</b> Warren	<b>LES MILLS RPM</b> Andrea	3:00PM	<b>VIRTUAL FLIGHT</b>	<b>VIRTUAL FLIGHT</b>
7:30PM	<b>VIRTUAL FLIGHT</b>	<b>VIRTUAL FLIGHT</b> 20 MIN FTP TEST	<b>VIRTUAL FLIGHT</b>	<b>VIRTUAL FLIGHT</b>	<b>VIRTUAL FLIGHT</b>			

# STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM		★ <b>YOGA</b> Michelle		★ <b>Pilates</b> Sarah		8:00AM	★ <b>YOGA</b> Mangala	
9:25AM	★ <b>Pilates</b> Georgie				★ <b>Pilates</b> Sarah			
10:00AM				★ <b>Gently Active</b> Chris				
10:30AM	★ <b>Pilates</b> Georgie		★ <b>LES MILLS BODYBALANCE</b> Marg					
5:30PM		★ <b>Pilates</b> Georgie		★ <b>YOGA</b> Beck				
6:00PM			★ <b>YOGA</b> Michelle					
6:30PM	★ <b>Roll &amp; Stretch</b> Sarah	★ <b>Pilates</b> Marg						
7:00PM	★ <b>LES MILLS BODYBALANCE</b> Carolyn							

# AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
9:25AM	★ <b>Water WORKOUT</b> Claire	<b>Aqua ACTION</b> Georgie	★ <b>Gentle WARM WATER</b> Gabrielle	<b>Aqua ACTION</b> Helen	★ <b>Water WORKOUT</b> Helen	9:00AM	★ <b>Water WORKOUT</b> Georgie	
10:30AM	★ <b>Gentle WARM WATER</b> Claire	★ <b>Aqua MOVERS</b> Georgie	★ <b>Water WORKOUT</b> Gabrielle	★ <b>Aqua MOVERS</b> Helen	★ <b>Gentle WARM WATER</b> Helen			
6:30PM		<b>Aqua RUN</b> Georgie						

# GYMNASTICS HALL Classes run during term time only.

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

★ 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: Moderate.

**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. Coordination: Moderate.

**FREESTYLE STEP** A Freestyle Step aerobics workout that will leave you feeling energised and motivated. Freestyle Step is fantastic for toning the lower body and increasing your aerobic fitness & coordination. Using a height adjustable step, you will move through simple freestyle movements on and around your step. Sing along to your favourite high energy songs, burn fat, shape and tone your entire body. Duration: 55 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.

**FITBOX 45** 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: 45 mins or **FITBOX 30** Express 30 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 or **FIT 30** 30 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: 60 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.

**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. Duration: 45 mins. Coordination: Low.

**ROLL & STRETCH** Introducing Roll & Stretch - a 30 minute class designed to encourage recovery, relieve muscle pain & tension and increase your flexibility, mobility and positively impact your training regime. Using dynamic and static stretching techniques combined with use of a foam roller to work on releasing trigger points throughout the body, your body will absolutely love you for stretching, rolling and restoring it. Great for injury prevention! Duration: 30 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.

**STAGES FLIGHT 60** Duration: 45-60 mins. Extra 15 minutes is OPTIONAL.

**VIRTUAL FLIGHT** Duration: 30-45 mins. Please note this class runs without an instructor. Please read the Virtual Flight Guide located in Studio 2 and available on our website before commencing a virtual class.

**VIRTUAL FLIGHT 20 MIN FTP TEST** Interested in determining how much power your body can produce? Knowing your FTP can be used as a benchmark to determine whether or not your training is working. As your fitness improves your FTP will follow. FTP is an abbreviation for 'Functional Threshold Power' - simply put it is the power a cyclist can sustain for 45 minutes to 1 hour. It is commonly accepted that riding as hard as you can for 20 minutes will provide a power reading equivalent to 95% of a rider's FTP. This is both a physical and mental challenge and a very accurate way of determining your FTP so that you can work hard and feel successful in our Stages Flight classes. Duration: 30 mins (warm up + FTP test). Coordination: Low.

**CYCLE BASICS** Indoor cycling will build your cardio pulmonary capacity, stamina and hip and leg strength. Cycling is a low impact form of exercise that places less stress on your joints and can also help to lower blood pressure. Reduce stress, burn calories and increase your energy levels whilst having fun spinning along to your favourite songs. This class is for all fitness levels. Duration: 45 mins. Coordination: Low.

**AQUA ACTION** A combination of cardio and resistance training with minimal choreography. Suited 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.

**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. Term time only.

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

60 Minutes \$5.00

90 Minutes \$7.50

2 Hours \$10.00

3 Hours \$15.00