

# Spring Timetable

Monday 2 September - Sunday 1 December 2019.  
Subject to change.

## STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM		<b>LES MILLS BODYPUMP</b> Toni	<b>FIT45</b> Rochelle	<b>LES MILLS BODYPUMP</b> Samantha	<b>FITBOX45</b> Michelle	9:00AM	<b>LES MILLS BODYPUMP</b> Roster	
8:50AM		<b>FIT30</b> Megan	<b>LES MILLS BODYPUMP EXPRESS</b> Gabrielle	<b>FITBOX30</b> Gabrielle		9:30AM		<b>LES MILLS BODYSTEP FREESTYLE/STEP</b> Roster
9:25AM	<b>FITBOX45</b> Sarah	<b>LES MILLS BODYPUMP</b> Cyndi	<b>FIT45</b> Mel	<b>LES MILLS BODYPUMP</b> Gabrielle	<b>FIT45</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> Megan	<b>LES MILLS CXWORX</b> Megan	<b>LES MILLS BODYPUMP</b> Teymara	10:30AM		★ <b>LES MILLS BODYBALANCE</b> <b>Pilates</b> Roster <b>YOGA</b>
11:10AM		★ <b>Dance Basics</b> Helen	★ <b>Pilates</b> Megan/Billy	★ <b>Pilates</b> Megan/Helen		11:00AM	★ <b>Roll &amp; Stretch</b> Georgie	
11:45AM	★ <b>LOW IMPACT BASICS</b> Marg				★ <b>LOW IMPACT BASICS</b> Helen	4:30PM		<b>LES MILLS BODYPUMP</b> Samantha/Zoe
12:15PM		★ <b>LOW IMPACT BASICS</b> Helen	★ <b>LOW IMPACT BASICS</b> Kyle	★ <b>TAI CHI</b> *Until 19/9 with Chris				
5:30PM	<b>FIT45</b> Michelle	<b>LES MILLS BODYPUMP</b> Carolyn	<b>LES MILLS BODYSTEP</b> Carolyn	<b>LES MILLS BODYCOMBAT</b> Michelle	★ <b>Pilates</b> Georgie			
6:30PM	<b>LES MILLS BODYPUMP</b> Michelle	<b>POP-UP CLASS</b>	<b>LES MILLS CXWORX</b> Samantha	<b>LES MILLS BODYPUMP</b> Michelle				
7:00PM			<b>FITBOX45</b> Sarah					

**POP-UP CLASS**  
**ZUMBA**

Zumba with Helen  
Tuesday 6:30pm  
6 Week Block  
15 October - 19 November ONLY

Get fit while dancing to Latin music! With easy to master moves, Zumba is a total body workout, combining cardio, muscle conditioning, balance and flexibility. Duration: 45 mins. Coordination: Low.

## STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM	<b>STAGES FLIGHT</b> Rochelle	<b>LES MILLS RPM</b> Emily	<b>LES MILLS RPM</b> Andrea/Gabrielle	<b>STAGES FLIGHT</b> Megan	<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/Sarah	<b>LES MILLS RPM</b> Cyndi	★ <b>CYCLE BASICS</b> Cyndi	8:15AM		<b>VIRTUAL FLIGHT</b> 20 MIN FTP TEST
12:30PM	<b>VIRTUAL FLIGHT</b>	<b>VIRTUAL FLIGHT</b>	<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/Emily
5:30PM	<b>LES MILLS RPM</b> Sarah	<b>STAGES FLIGHT</b> Sarah			<b>LES MILLS RPM</b> Andrea	12:00PM	<b>VIRTUAL FLIGHT</b>	<b>VIRTUAL FLIGHT</b>
6:00PM			<b>LES MILLS RPM</b> Zoe	<b>STAGES FLIGHT 60</b> Warren		3:00PM	<b>VIRTUAL FLIGHT</b>	<b>VIRTUAL FLIGHT</b>
6:30PM	<b>VIRTUAL FLIGHT</b>	<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>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> Helen				
10:30AM	★ <b>Pilates</b> Georgie		★ <b>LES MILLS BODYBALANCE</b> Marg		★ <b>Inner STRENGTH</b> Sarah			
5:30PM	★ <b>Inner STRENGTH</b> Georgie	★ <b>Pilates</b> Georgie		★ <b>YOGA</b> Mangala				
6:00PM			★ <b>YOGA</b> Michelle					
6:30PM	★ <b>LES MILLS BODYBALANCE</b> Carolyn	★ <b>Pilates</b> Marg						

**NEW CLASS!**

**Inner STRENGTH**

This class will help strengthen your whole body, focusing on your deep core muscles and pelvic floor. Perfect for pre and post-natal women, women going through or having been through menopause or anyone looking to strengthen their pelvic floor and switch on deep abdominal muscles effectively. This non-impact, floor based class will use a combination of bodyweight and various studio equipment to get all of your core muscles firing. Please seek medical clearance from your GP or obstetrician before commencing. Duration: 45 mins. Coordination: Low.

## AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
9:25AM	★ <b>Water WORKOUT</b> Gabrielle	<b>Aqua ACTION</b> Georgie	★ <b>Gentle WARM WATER</b> Gabrielle	<b>Aqua ACTION</b> Tamara	★ <b>Water WORKOUT</b> Jess	9:00AM	★ <b>Water WORKOUT</b> Georgie	
10:30AM	★ <b>Gentle WARM WATER</b> Gabrielle	★ <b>Aqua MOVERS</b> Georgie	★ <b>Water WORKOUT</b> Gabrielle	★ <b>Aqua MOVERS</b> Tamara	★ <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
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. 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.

**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 minutes. 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.

**DANCE BASICS** This class gets you moving with basic rhythmical steps and flowing movement to music. Using music from different genres and styles, you will move your body in a variety of ways and learn some simple choreography. Duration: 45 mins. Coordination: Low.

**INNER STRENGTH** This class will help strengthen your whole body, focusing on your deep core muscles and pelvic floor. Perfect for pre and post-natal women or anyone looking to tone the body and activate muscles effectively. This non-impact, floor based class will use a combination of bodyweight, resistance band, hand weights and other studio equipment to get all of your core muscles firing. For post-natal women, we recommend commencing this class after you have been given the all clear to begin exercise from your GP. Duration: 45 mins. Coordination: Low.

**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 love you for stretching, rolling and restoring it! Duration: 30 minutes. 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.

**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.

**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 that a cyclist can sustain for 45 minutes to 1 hour. It is commonly accepted that riding as hard as possible 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.

**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.

**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: \$22.40 per casual class, concession available. \$50 Gymnastics Australia registration fee applies. \*TERM TIME ONLY.