



Summer Timetable

Monday 2 December 2019 - Sunday 1 March 2020.

Subject to change. Excluding Christmas timetable from Monday 23 December 2019 - Sunday 5 January 2020.

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM		LES MILLS BODYPUMP Toni	FIT 45 Rochelle	LES MILLS BODYPUMP Samantha	FITBOX45 Michelle	8:00AM	ZUMBA Helen - 6 week block	
8:50AM		FIT 30 Megan	LES MILLS BODYPUMP EXPRESS Gabrielle	FITBOX30 Gabrielle		9:00AM	LES MILLS BODYPUMP Roster	
9:25AM	FITBOX45 Sarah	LES MILLS BODYPUMP Cyndi	FIT 45 Mel	LES MILLS BODYPUMP Gabrielle	FIT 45 Mel	9:30AM		LES MILLS BODYSTEP FREESTYLE/STEP Roster
10:30AM	LES MILLS BODYPUMP Teymara	LES MILLS CXWORX Megan	★ Roll & Stretch Megan	LES MILLS CXWORX Megan	LES MILLS BODYPUMP Teymara	10:00AM	★ Pilates Georgie	
11:10AM		★ Dance Basics Helen	★ Pilates Helen/Billy	★ Pilates Megan		10:30AM		★ LES MILLS BODYBALANCE Pilates Roster YOGA
11:45AM	★ LOW IMPACT BASICS Gabrielle				★ LOW IMPACT BASICS Helen	11:00AM	★ Roll & Stretch Georgie	
12:15PM		★ LOW IMPACT BASICS Helen	★ LOW IMPACT BASICS Kyle			4:30PM		LES MILLS BODYPUMP Roster
5:30PM	FIT 45 Michelle	LES MILLS BODYPUMP Carolyn	LES MILLS BODYSTEP Carolyn	LES MILLS BODYCOMBAT Michelle	★ Pilates Georgie	 Zumba with Helen, Saturday 8am 6 Week Block 25 January - 29 February		
6:30PM	LES MILLS BODYPUMP Michelle	★ Pilates Georgie	LES MILLS CXWORX Samantha	LES MILLS BODYPUMP Michelle	★ Monthly Meditation Michelle	 Meditation classes each month Friday 6 December, 10 January, and 14 February at 6:30pm		
7:00PM			FITBOX45 Sarah					

STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM	STAGES FLIGHT Rochelle	LES MILLS RPM Emily	LES MILLS RPM Andrea/Gabrielle	STAGES FLIGHT Megan	STAGES FLIGHT Rochelle	7:00AM	STAGES FLIGHT Cyndi	
9:25AM	LES MILLS RPM Tracey	LES MILLS RPM Andrea	STAGES FLIGHT Cyndi/Sarah	LES MILLS RPM Cyndi	★ CYCLE BASICS Cyndi	8:15AM		VIRTUAL FLIGHT 20 MIN FTP TEST
12:30PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT	VIRTUAL FLIGHT	VIRTUAL FLIGHT 20 MIN FTP TEST	VIRTUAL FLIGHT	9:00AM	LES MILLS RPM Sarah	LES MILLS RPM Zoe/Emily
5:30PM	LES MILLS RPM Sarah	STAGES FLIGHT Sarah			LES MILLS RPM Andrea	12:00PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT
6:00PM			LES MILLS RPM Zoe	STAGES FLIGHT 60 Warren		3:00PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT
6:30PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT			VIRTUAL FLIGHT			
7:30PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT 20 MIN FTP TEST	VIRTUAL FLIGHT	VIRTUAL FLIGHT	VIRTUAL FLIGHT			

STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM				★ Pilates Sarah		8:00AM	★ YOGA Mangala	
9:25AM	★ Pilates Georgie		★ LES MILLS BODYBALANCE Cara		★ Pilates Sarah			
10:00AM				★ Gently Active Sam				
10:30AM	★ Pilates Georgie				★ Inner STRENGTH Sarah			
5:30PM	★ Inner STRENGTH Georgie	★ Pilates Georgie		★ YOGA Mangala				
6:00PM			★ YOGA Michelle					
6:30PM	★ LES MILLS BODYBALANCE Carolyn							

AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
9:00AM		Aqua RUN 50m pool - Georgie				9:00AM	★ Water WORKOUT Georgie	
9:25AM	★ Water WORKOUT Gabrielle		★ Gentle WARM WATER Gabrielle	Aqua ACTION Helen	★ Water WORKOUT Helen			
10:00AM		★ Gentle WARM WATER Georgie						
10:30AM	★ Gentle WARM WATER Gabrielle		★ Water WORKOUT Gabrielle	★ Aqua MOVERS Helen	★ Gentle WARM WATER Helen			
11:00AM		★ Aqua MOVERS Georgie						
6:30PM		Aqua RUN 50m pool - Tamara			Aqua RUN 50m pool - Georgie			

GYMNASTICS HALL

Classes run during term time only.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00PM	ADULT Gymnastics 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 (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.

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, focusing on mind to muscle connection, activation and control. This class will stretch and strengthen the muscles, improve flexibility, core stability, balance and activate the pelvic floor and deep abdominal muscles. Duration: 55 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.

MONTHLY MEDITATION Experience a range of meditation, mindfulness and breathing techniques. Meditation can help you relax, stress less and feel better. Classes may include some gentle movement and is suitable for all fitness levels. No experience necessary. Duration: 60 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.

ZUMBA 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: Moderate.

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.

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 CALCULATION 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 and FTP Calculation). Coordination: Low.

AQUA ACTION A combination of cardio and resistance training with minimal choreography, utilising both the deep and shallow ends of the pool to add challenge to your workout. Suited all levels of fitness, this class is moderate - high intensity. Duration: 45 mins. Coordination: Low.

AQUA MOVERS A gentle, low impact class in shallow water perfect for those with injuries or limitations. Plenty of movement options will be provided. Suitable for all ages and fitness levels. Duration: 45 mins. Coordination: Low.

WATER WORKOUT Increase your cardio fitness and strength with moderate 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.