

# Summer Group Fitness Timetable

Monday 30 November 2020 - Sunday 28 February 2021. Subject to change. Excludes Christmas timetable.

STUDIO 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM	<b>FIT 45</b>	<b>LES MILLS BODYPUMP</b>	<b>FIT 45</b>		<b>FIT 45</b>	9:00AM <b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>
9:00AM	<b>FIT 45</b>			<b>LES MILLS BODYPUMP</b>		10:30AM <i>Pilates</i>	
9:15AM		<b>LES MILLS BODYPUMP</b>	<b>FIT 45</b>		<b>FIT 45</b>		
10:15AM	<b>LES MILLS BODYPUMP</b>			<b>LES MILLS CXWORX</b>			
10:30AM			<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>		
11:30AM	LOW IMPACT BASICS						
11:45AM		LOW IMPACT BASICS			LOW IMPACT BASICS		
5:15PM	<b>FIT 45</b>	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYCOMBAT</b>			
5:30PM			<b>LES MILLS BODYPUMP</b>		<i>Pilates</i>		
6:15PM	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>		<b>LES MILLS BODYPUMP</b>			
6:30PM			<b>LES MILLS CXWORX</b>				

**SUMMER POP-UP CLASSES**

These classes will also be available in the Online Portal for booking during Summer:

- Saturday 16th January – 11.30am STEP with Georgie
- Thursday 21st January – 11.45am DANCE BASICS with Helen
- Saturday 23rd January – 11.30am STEP with Georgie
- Saturday 30th January – 11.30am STEP with Georgie
- Thursday 18th February – 11.45am DANCE BASICS with Helen

STUDIO 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10AM	<b>STAGES FLIGHT</b>			<b>LES MILLS RPM</b>	<b>STAGES FLIGHT</b>	9:15AM <b>LES MILLS RPM</b>	
9:00AM		<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>			10:00AM	<b>STAGES FLIGHT</b>
9:15AM	<b>LES MILLS RPM</b>						
9:30AM					<b>LES MILLS RPM</b>		
5:15PM	<b>LES MILLS RPM</b>						
5:30PM		<b>STAGES FLIGHT</b>					
6:00PM			<b>LES MILLS RPM</b>	<b>STAGES FLIGHT</b>			

STUDIO 3							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	<i>Pilates</i>					8:00AM <b>YOGA</b>	
9:15AM		<i>barre</i>	<b>YOGA</b>	<i>barre</i>	<i>Pilates</i>	9:15AM	<i>barre</i>
10:30AM		<b>LES MILLS BODYBALANCE</b>	<i>Pilates</i>			9:30AM <i>barre</i>	
5:15PM			<i>barre</i>	<b>YOGA</b>			
6:15PM	<i>Pilates</i>						
6:30PM		<i>Pilates</i>	<b>YOGA</b>	<i>barre</i>			

AQUA					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM	<b>Aqua ACTION</b>				<b>Water WORKOUT</b>
9:15AM		<i>Gentle WARM WATER</i>	<b>Aqua ACTION</b>		
10:15AM		<b>Aqua MOVERS</b>	<b>Water WORKOUT</b>	<b>Aqua RUN</b>	<b>Aqua MOVERS</b>

GYMNASTICS HALL (Classes run during term time only)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00PM	<b>ADULT Gymnastics</b>				

\*All Gold, Gold Active Ageing and Gold Family members can access Group Fitness classes as part of their membership. BodyPump minimum age 16, all other classes minimum age 13. In line with Victorian Government restrictions, class sizes are limited and bookings are essential. Book via our website at [www.ballarataquaticcentre.com](http://www.ballarataquaticcentre.com)

# 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: 45 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.

**BARRE** Barre is a fun, energetic workout designed to shape and tone postural muscles, build core strength and flexibility. This class combines ballet inspired movements with elements of pilates, dance, yoga and strength training. Small controlled movements and isometric holds will get muscles firing and lift your general wellbeing. Duration: 45 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: 45 mins. Coordination: Low.

**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: 45 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.

**STEP** 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: 45 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, 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: 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: 45 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.

**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.

**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.

**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.

**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.

**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 may apply. \*TERM TIME ONLY.

For Group Fitness etiquette, please visit our website:  
[www.ballarataquaticcentre.com/groupfitness](http://www.ballarataquaticcentre.com/groupfitness)