

Group Fitness Timetable

Spring timetable | Effective from Monday 30 August 2021 | Subject to change

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM	LES MILLS CORE Cherie	FITBOX45 Cherie	FIT45 Michelle	LES MILLS BODYPUMP Kat	FIT45 Michelle	8:10AM		FITBOX45 Cherie
9:30AM	FITBOX45 Sarah	LES MILLS BODYPUMP Teymara	FIT45 Mel	LES MILLS BODYPUMP Teymara	FIT45 Mel	9:00AM	LES MILLS BODYPUMP Samantha	LES MILLS BODYPUMP Zoe
10:30AM	LES MILLS BODYPUMP Claire	LES MILLS CORE Cherie	LES MILLS BODYPUMP Gabrielle	LES MILLS CORE Cherie	LES MILLS BODYPUMP Gabrielle	10:30AM	Pilates Georgie	STEP Georgie
11:45AM	LOW IMPACT BASICS Helen	LOW IMPACT BASICS Gabrielle		<i>Dance Basics</i> Helen	LOW IMPACT BASICS Helen			
5:30PM	FIT45 Michelle	LES MILLS BODYPUMP Kay	LES MILLS BODYPUMP Samantha	LES MILLS BODYCOMBAT Michelle	Pilates Georgie			
6:30PM	LES MILLS BODYPUMP Michelle	LES MILLS BODYBALANCE Kay	LES MILLS CORE Samantha	LES MILLS BODYPUMP Michelle	STEP James			

STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM	VIRTUAL FLIGHT	LES MILLS RPM Zoe	VIRTUAL FLIGHT	VIRTUAL FLIGHT		9:00AM	LES MILLS RPM Sarah	
9:30AM	LES MILLS RPM Teymara	LES MILLS RPM Gabrielle	LES MILLS RPM Sarah	VIRTUAL FLIGHT	LES MILLS RPM Teymara	10:00AM		STAGES FLIGHT Zoe
5:30PM	LES MILLS RPM Sarah	STAGES FLIGHT Sarah						
6:00PM			LES MILLS RPM Zoe	STAGES FLIGHT Zoe	VIRTUAL FLIGHT			

STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
9:30AM	FITBALL Pilates Georgie	barre Cara	YOGA Cara	barre Cherie	Pilates Sarah	8:00AM	YOGA Mangala	
10:30AM	Pilates Sarah	LES MILLS BODYBALANCE Cara	Pilates Sarah/Cara	Pilates Helen	FITBALL Pilates Georgie	9:30AM	barre Georgie	barre Cherie
11:45AM			Gently Active Gabrielle/Georgie					
5:30PM	<i>Flow</i> YOGA Cara		barre Sarah	YOGA Mangala				
6:30PM	Pilates Sarah	Pilates Sarah	YOGA Cara	barre Georgie				

AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
9:30AM	Aqua ACTION Claire		Aqua ACTION Gabrielle	Aqua RUN Georgie	Water WORKOUT Claire	9:30AM		Gentle WARM WATER Georgie
10:30AM	Aqua RUN Georgie	Aqua MOVERS Gabrielle	Water WORKOUT Claire	Gentle WARM WATER Georgie	Aqua MOVERS Helen			
11:45AM	Gentle WARM WATER Gabrielle							
5:30PM				Aqua RUN Georgie				

GYMNASTICS HALL (Classes run during term time only)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00PM	ADULT Gymnastics Roster				

*All Gold 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

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.

CORE Formerly CXWORX, Les Mills Core is the ultimate 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: 45 mins. Coordination: High.

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

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, skipping, running and abdominal work. 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.

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.

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.

FITBALL PILATES Focusing on core strength and stability, this class incorporates a fitness ball into a Pilates workout to activate deep core muscles and improve stability. Improves posture, breathing techniques, lengthening and stretching of targeted muscles. Duration: 45 mins. Coordination: Moderate.

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.

FLOW YOGA Uses the rhythm of breath to fluidly connect one yoga posture to the next, creating sequences that gently warm the body, enhance flexibility and mobility, and improve strength. The focus on breath and movement flowing as one calms, nurtures and restores the mind and body. 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.

VIRTUAL FLIGHT Duration: 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. We recommend attending a live Stages Flight class before attending a Virtual Flight class.

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 applies. *TERM TIME ONLY.