

# Group Fitness Timetable

Effective Monday 5 September 2022.  
Subject to change.

## STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM	<b>LES MILLS BODYPUMP</b> Kat	<b>FIT 45</b> Kay	<b>FIT 45</b> Michelle	<b>FITBOX.45</b> Cherie	<b>FIT 45</b> Michelle	8:05AM		<b>FITBOX.45</b> Cherie
9:30AM	<b>FITBOX.45</b> Sarah	<b>LES MILLS BODYPUMP</b> Teymara	<b>FIT 45</b> Mel	<b>LES MILLS BODYPUMP</b> Teymara	<b>FIT 45</b> Mel	9:00AM	<b>LES MILLS BODYPUMP</b> Samantha	<b>LES MILLS BODYPUMP</b> Cyndi
10:35AM	<b>LES MILLS BODYPUMP</b> Cyndi	<b>FIT 45</b> Cherie		<b>LES MILLS CORE</b> Cherie	<b>LES MILLS BODYPUMP</b> Kat	10:30AM	<i>Pilates</i> Georgie	
10:45AM			<b>LOW IMPACT BASICS</b> Cherie					
11:45AM	<b>LOW IMPACT BASICS</b> Andrea	<b>LOW IMPACT BASICS</b> Andrea		<i>Dance Basics</i> Victor				
5:30PM	<b>FIT 45</b> Michelle	<b>LES MILLS BODYPUMP</b> Keiran	<b>LES MILLS BODYPUMP</b> Samantha	<b>LES MILLS BODYCOMBAT</b> Michelle	<i>Pilates</i> Georgie			
6:35PM	<b>LES MILLS BODYPUMP</b> Michelle	<i>Pilates</i> Sarah	<b>LES MILLS CORE</b> Samantha	<b>LES MILLS BODYPUMP</b> Michelle	<b>LES MILLS BODYSTEP</b> James			

## STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM	<b>VIRTUAL FLIGHT</b>	<b>LES MILLS RPM</b> Zoe	<b>VIRTUAL FLIGHT</b>	<b>LES MILLS RPM</b> Cyndi	<b>STAGES FLIGHT</b> Zoe	9:00AM	<b>LES MILLS RPM</b> Sarah	
9:30AM	<b>LES MILLS RPM</b> Teymara	<b>LES MILLS RPM</b> Cyndi	<b>LES MILLS RPM</b> Sarah	<b>VIRTUAL FLIGHT</b>	<b>LES MILLS RPM</b> Teymara	10:00AM		<b>STAGES FLIGHT</b> Cyndi
5:30PM	<b>LES MILLS RPM</b> Sarah	<b>STAGES FLIGHT</b> Sarah			<b>LES MILLS RPM</b> James			
6:00PM			<b>LES MILLS RPM</b> Zoe	<b>STAGES FLIGHT</b> Zoe				

## STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
9:30AM	<b>FITBALL Pilates</b> Georgie	<b>barre</b> Georgie	<b>YOGA</b> Michelle B	<b>barre</b> Cherie	<i>Pilates</i> Sarah	9:30AM	<b>barre</b> Georgie	<b>barre</b> Cherie
10:35AM	<i>Pilates</i> Sarah	<i>Pilates</i> Georgie	<i>Pilates</i> Sarah		<b>FITBALL Pilates</b> Georgie			
11:45AM			<b>Gently Active</b> Georgie					
5:30PM		<b>barre</b> Georgie						
6:30PM	<i>Pilates</i> Sarah		<b>YOGA</b> Michelle Mac	<b>barre</b> Georgie				

## AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM	<b>Aqua ACTION</b> Megan		<b>Aqua ACTION</b> Megan	<b>Aqua RUN</b> Georgie	<b>Water WORKOUT</b> Gabrielle
10:30AM	<b>Aqua RUN</b> Georgie	<b>Aqua MOVERS</b> Cyndi		<b>Gentle WARM WATER</b> Georgie	<b>Aqua ACTION</b> Gabrielle
11:45AM	<b>Gentle WARM WATER</b> Gabrielle				
5:30PM				<b>Aqua RUN</b> Georgie	
6:30PM		<b>Aqua RUN</b> Georgie			

## GYMNASTICS HALL (Classes run during term time only)

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

\*All Gold members can access Group Fitness classes as part of their membership. BodyPump and Adult Gymnastics minimum age 16, all other classes minimum age 13. All classes must be booked 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: 55 minutes. Coordination: Moderate.

**CORE** Formerly CWORKX, 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. 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: 55 mins. Coordination: Low.

**DANCE BASICS** This class gets you moving with basic rhythmic 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.

**BODYSTEP** 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. Duration: 55 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: 55 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. 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. 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. 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. Suiting 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. Adult Gymnastics classes are included in your Gold Membership. A Gymnastics Australia registration fee applies after your third visit. Please see our website for more details.



Group  
Fitness  
Timetable



*Book Now!*

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[www.ballarataquaticcentre.com](http://www.ballarataquaticcentre.com)