

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM		GRIT STRENGTH					
5:40AM			THROWDOWN		THROWDOWN		
5:55AM				BODYATTACK 30			
6:00AM	BODYPUMP THROWDOWN YOGA VINYASA SPIN	BODYPUMP BODYBALANCE RPM	BODYPUMP YOGA VINYASA RPM	THROWDOWN EXTREME RPM	BODYPUMP POWER FLOW SPIN		
6:30AM			THROWDOWN	LES MILLS CORE	THROWDOWN		
7:00AM						BODYATTACK 45 THROWDOWN RPM DEEP AQUA	THROWDOWN
7:15AM						AQUABALANCE	
7:45AM	AQUA 4 ALL						
8:00AM						BODYATTACK 45 RPM GRIT STRENGTH	SPIN
8:15AM							BODYATTACK
8:20AM		BODYPUMP 45	LES MILLS SHAPES STARTS MARCH 19	THROWDOWN			
8:30AM			AQUA CARDIO				
8:45AM				AQUA CARDIO			
9:00AM	AQUA ZUMBA					BODYPUMP	LES MILLS SHAPES STARTS MARCH 16 YOGA VINYASA SPIN
9:15AM	BODYPUMP THROWDOWN	BODYATTACK THROWDOWN	BODYPUMP THROWDOWN FUNCTIONAL/STABILITY RPM	BODYCOMBAT 45 THROWDOWN	BODYATTACK THROWDOWN	THROWDOWN THROUGH THE ROOF	
9:25AM		YOGA BACK TO BASICS					
9:30AM		AQUA HIIT	DEEP AQUA	AQUA 4 ALL	RPM DEEP AQUA		BODYPUMP
10:05AM						LES MILLS CORE	
10:15AM		LES MILLS CORE		LES MILLS CORE			
10:30AM	BODYATTACK 45 BODYBALANCE DEEP AQUA	YOGA YIN ZUMBA	BODYBALANCE CHAIR YOGA	BODYPUMP	BODYPUMP BODYBALANCE	ZUMBA	
10:45AM			MAT PILATES	SPIN		BODYBALANCE	BODYCOMBAT
11:00AM		BODYPUMP 45					
11:20AM						STRETCH & FLEX	
11:30AM				BODYBALANCE			
11:45AM		BODYBALANCE			YOGA YIN		
12:00PM	YOGA VINYASA		YOGA VINYASA BODYPUMP	MAT PILATES	LES MILLS SHAPES STARTS MARCH 21		BODYBALANCE
12:15PM	SPIN EXPRESS					MAT PILATES	
1:00PM	LES MILLS CORE	YOGA VINYASA	LES MILLS CORE	YOGA VINYASA	YOGA VINYASA		
2:30PM						YOGA VINYASA	
3:45PM						BODYPUMP	BODYPUMP YOGA VINYASA
4:00PM						THROWDOWN	
4:15PM		LES MILLS SHAPES STARTS MARCH 18		LES MILLS CORE 45			
4:30PM	BODYPUMP		BODYPUMP		BODYPUMP SPIN		
4:50PM							YOGA YIN
5:00PM	GRIT STRENGTH	BODYCOMBAT 45	YOGA BACK TO BASICS	BODYATTACK 45			
5:15PM		YOGALATES					
5:25PM			LES MILLS CORE				
5:30PM		GRIT ATHLETIC	GRIT ATHLETIC	THROWDOWN			
5:35PM	GRIT CARDIO						
5:45PM	BODYATTACK				BODYBALANCE		
6:00PM		BODYPUMP	BODYATTACK	BODYPUMP			
6:10PM		GRIT STRENGTH	GRIT STRENGTH YOGA YIN				
6:15PM	RPM LES MILLS CORE 45	SPIN	RPM	RPM			
6:30PM	YOGA VINYASA						
7:00PM	BODYPUMP	BODYJAM		YOGA YIN			
7:10PM		BODYBALANCE	BODYBALANCE	BODYJAM			

LOCATION:

STUDIO 1

STUDIO 2

CYCLE STUDIO

YOGA STUDIO

POOL

CLASS DESCRIPTIONS

LES MILLS CLASSES

BODYATTACK: A high intensity workout with simple, athletic moves. It's great for your cardiovascular fitness.

BODYBALANCE: A yoga, tai chi and pilates-inspired workout that helps build flexibility and strength, leaving you feeling centered and calm.

BODYCOMBAT: A high energy mix of kick boxing, tai chi, karate and self defence that burns bulk calories.

BODYJAM: An addictive fusion of dance styles with an emphasis on having fun and breaking a sweat.

BODYPUMP: A strength workout that uses a barbell and weight plates to shape and tone the muscles.

LES MILLS CORE: A 30 minute core workout that builds strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.

LES MILLS SHAPES: A 45 minute strength-focused workout that fuses pilates, barre and power yoga to sculpt and strengthen your muscles.

GRIT ATHLETIC: A 30 minute high intensity interval training (HIIT) workout that focuses on increasing your athletic performance: strength, agility, speed and power.

GRIT CARDIO: A 30 minute HIIT workout featuring explosive high impact bodyweight exercises to increase your speed and maximise calorie burn.

GRIT STRENGTH: A 30 minute HIIT workout that uses a a barbell, weight plates and bodyweight exercises to build your strength and tone your muscles.

YOGA + PILATES

YIN YOGA: Targets ligaments, bones and fascia of the body. Yin is a great way to release tight muscles, calm the nervous system and increase flexibility and range of motion.

VINYASA YOGA: Derived from Ashtanga, Vinyasa is a vigorous practice aligning breath and movement to make you sweat.

BACK TO BASICS: A fun and interactive practice slowed right down, giving you time to get into and out of the poses. Perfect for beginners!

POWER FLOW YOGA: A dynamic vinyasa class that focuses on developing strength by building upon a sequenced flow with attention to alignment and form.

STRETCH & FLEX: Improves flexibility and mobility through stretching, posing and movement. Can help with injury prevention, recovery and overall wellbeing.

YOGALATES: A mix of yoga and pilates that helps increase core strength and improve posture while increasing flexibility and reducing stiffness.

MAT PILATES: A mix of low-impact mobility and strength exercises, led by a physiotherapist. Perfect for those wanting to improve their flexibility and posture.

CHAIR YOGA: An adapted form of yoga that allows you to perform yoga movements while seated, making it ideal for seniors and those recovering from an injury. *This class is only \$5 for non-members.*

ZUMBA

ZUMBA: A Latin American inspired dance cardio workout in a fitness party atmosphere that helps improve your coordination and strength.

CYCLE CLASSES

RPM™: An indoor cycling workout where you ride to the rhythm of powerful music that will increase your cardiovascular fitness, burn fat, and tone and shape your legs, hips and butt.

SPIN: An indoor cycling class providing ultimate fat-burning. It's the perfect workout for those looking to improve their outdoor cycling techniques.

FUNCTIONAL TRAINING

THROWDOWN: This cardio/power focused session is a combination of high volume HIIT and variable intensity exercises. Each session will be different using the Throwdown rig and other cardio pieces that will give you fitness results FAST!

THROWDOWN FUNCTIONAL/STABILITY: This session includes flexibility, core work, balance training, resistance training and cardio exercises. The emphasis is on developing technique and building greater functionality.

THROWDOWN THROUGH THE ROOF: Blast your cardio and muscle capacity with lots of short, intense intervals to improve athletic capacity and fat burning. Be prepared to work hard, get a sweat on using the Throwdown rig, cardio equipment and the trainer's imagination.

THROWDOWN EXTREME: A balance of both cardio and strength exercises with an emphasis on cardio movement being target based and strength exercises focused on higher resistance and less reps.

AQUA AEROBICS

AQUA 4 ALL: A low impact, medium intensity pool workout that increases your flexibility and range of motion while strengthening and toning your muscles.

AQUABALANCE: An empowering pool workout inspired by traditional holistic movements to help improve core stability, reduce fatigue and enhance lung capacity.

AQUACARDIO: A high energy, fast-paced pool workout that burns calories and tones your muscles while improving your stamina, coordination and balance.

AQUA HIIT: A high intensity aqua running class that improves your cardio fitness and strength without the stress on your joints or muscles.

AQUA ZUMBA: A low impact, high energy dance-inspired pool workout featuring Latin rhythms to splash and sweat to.

DEEP AQUA: A low impact, non-weight bearing pool workout that burns fat, increases muscle strength and improves your range of motion.

PLEASE SEE YOUR INSTRUCTOR IF YOU'RE NEW, INJURED OR ON MEDICATION THAT MIGHT AFFECT YOUR WORKOUT.

ENTRY NOT PERMITTED 5 MINUTES AFTER CLASS COMMENCES.

CASUAL PRICES

Entry to all our group fitness classes includes use of our pools before or after class.

Adult 45 minute+ class	\$25.00
Student 45 minute+ class	\$16.00
Adult/Student 30 minute class	\$14.00
Pensioner/Senior or Concession	\$12.00