

# GROUP FITNESS TIMETABLE

UPDATED 29 MAY 2017

|               | MON  | TUES   | WED   | THURS   | FRI  |
|---------------|--|--|---|---|--|
| Early Morning | 5.35am <br>Kellyann   | 5.45am <br>Shenae     | 5.35am <br>Kellyann   | 5.45am <br>Shenae  | 5.35am <br>Kellyann |
| 9.15am        | <br>Jackie            | <br>Kellyann          | <br>Mel 30mins        | <br>Ali            | <br>Chantel         |
|               | <br>Sally             |  | <br>Jackie 30 mins    |   |  |
| 9.50am        |  |  | <br>Jackie 45 mins    |   |  |
| 10.20am       | <br>Mel 45 mins       | <br>Kylie             |   | <br>Chantel        | <br>Mel 30 mins     |
| 3.30pm        |                       |  |                       |   |  |
| 4.00pm        | <br>Aaron 45mins     |  | <br>Kellyann 45 mins |   |  |
| 5.00pm        | <br>Hayley 30 mins  | <br>Jackie 30 mins  |   |   |  |
| 5.40pm        | <br>Chantel 45 mins | <br>Kristie 45 mins | <br>Hayley 30 mins  | <br>Jackie       |  |
| 6.00pm        | <br>Andrew          |  | <br>Andrew          |   |  |
| 6.30pm        | <br>Kristie         | <br>Shenae          |                     | Classes are 55-60 mins unless otherwise specified<br>Instructors are subject to change without notice |  |

|        | SAT  |
|--------|--|
| 8.00am | <br>Jaime 30mins    |
| 8.15am | <br>Shenae / Andrew |
| 8.35am | <br>Ali             |
| 9.35am | <br>Chantel         |

★ **VIRTUAL GROUP FITNESS CLASSES** ★

OVER 100 CLASSES TO CHOOSE FROM:  
CARDIO • STRENGTH • FLEXIBILITY  
CYCLING • DANCE • HIIT • MORE!

- ✓ Available 24hrs
- ✓ Build your confidence before stepping into a live class
- ✓ Mix up your training to maintain motivation
- ✓ Quality, safe instruction from some of the worlds leading fitness content providers
- ✓ Participate in the privacy of our smaller fitness studio inside the



|   |  |
|---|--|
| <b>BODYPUMP™</b><br>45mins  | The 60 minute original barbell class that strengthens and tones your entire body. Your choice of weight enables you to get the results you came for and fast! <b>Strictly 16yrs +</b><br>The 45 minute format is all about working the big muscle groups with squats, chest, back, lunges, shoulders and core. <b>Strictly 16yrs +</b>   |
| <b>BODYSTEP™</b>  | 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. <b>Strictly 16yrs +</b>  |
| <b>RPM™</b>   | The indoor cycling workout where you ride to the rhythm of powerful music. Let our inspiring leaders take you over the hills, flats, mountain trails & interval training. <b>14yrs +</b>   |
| <b>BODYBALANCE™</b>   | The Yoga, Tai Chi, Pilates workout that build flexibility and strength leaving you feeling centred and calm. Improves your posture & teaches you valuable relaxation techniques. <b>14yrs +</b>  |
| <b>LES MILLS GRIT   STRENGTH</b>  | Using barbell, weight plate and body weight exercises, GRIT Strength is an intense team training workout that will blast all major muscle groups and take your strength into another zone. <b>Strictly 16yrs +</b>   |
| <b>LES MILLS GRIT   CARDIO</b>  | This short, high intensity interval training workout features explosive, high-impact movements designed to burn fat and improve athletic capability. Work at your pace and see the improvements week after week. <b>Strictly 16yrs +</b>   |
| <b>GRIT™ SERIES</b>   | A motivating high intensity class using a combination of all GRIT programs for a dynamic workout that will improve your fitness and strength fast! <b>Strictly 16yrs +</b>   |
| <b>BODYCOMBAT</b>   | The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch, kick and kata your way through calories to release your inner warrior. <b>14yrs +</b>   |
| <b>metafit™</b><br><small>BODYWEIGHT TRAINING</small>   | Metafit is a military-style training program that combines bodyweight exercises with the HIIT training techniques to set the metabolism on fire! Metafit is a functional and effective workout that can be adapted for all levels of fitness and abilities. <b>14yrs +</b>   |
|  <b>CARDIO REV</b>    | A group of exercises laid out for you to complete at your own pace - includes functional movements, cardio, core and strength exercises. Great for improving your aerobic capacity and endurance. Suitable for beginners as well as seasoned exercisers. <b>Strictly 16yrs +</b>   |
|  <b>TABATA</b>      | Tabata involves short bursts of high-intensity functional exercises interspersed with rest periods. This type of training burns more calories in less time. Work at your own pace - exercise options given to suit all abilities and fitness levels. <b>Strictly 16yrs +</b>   |
|  <b>Box Circuit</b> | This boxing workout combines some of the favourite moves of boxing with an interval training plan that will push your body to its limits. A typical Boxing Circuit consists of a warm-up period, then short, high-intensity efforts (throwing punches at bags, focus mitts and target shields) separated by moderate intensity recovery intervals to catch your breath ( eg. jumping rope and body weight exercises) and then a cool-down period. <b>14yrs +</b>                     |
|  <b>PILETES</b>     | Pilates exercise focuses on spinal alignment (better posture), core & pelvic stabilisation (strong abs), stress release and flexibility. This 60 minute mat class may involve hands-on instruction by the Pilates instructor to encourage adjustments & provide corrections to ensure exercises are done safely and effectively. Suitable for both beginners/advanced as modifications & variations are coached. <b>Please bring your own yoga/pilates mat &amp; a towel. 14yrs+</b> |
| <b>YOGA</b>   | Hatha Yoga is a gentle, slower-paced stretching-focused class with some basic breathing exercises and perhaps a seated meditation at the end. Hatha yoga classes are a good place to work on your alignment, learn relaxation techniques, and become comfortable with doing yoga while building strength and flexibility. <b>14yrs+</b>  |
| <b>#teenfit</b>   | This gym based session for teens will keep you motivated and challenged as we focus on resistance training, mobility work, coordination and agility. We'll introduce you to a range of equipment including traditional gym machines, cardio and functional training equipment. <b>11 - 16yrs</b>   |