



Macedon Ranges
Shire Council

Gisborne
Fitness Centre

Group Fitness Timetable

Effective Monday 4 March 2024

	Mon	Tues	Wed	Thurs	Fri	Sat
6:00am	Cardio & Strength Circuit Anita		Cardio & Strength Circuit Jen		Cardio & Strength Circuit Jo	9:00am – 10:00am Teen Gym
9:15am	Express Pump/Spin Nadene 	Yoga Fusion Vicki	Body Pump Dave 		Friday Mix Up Barry	Body Pump Nadene/Nat 
10:00am	Staying Strong 60mins Anita	Staying Strong – Higher Intensity Zac	Staying Strong 60mins Jo	Low Impact Cardio Jen	Staying Strong 60mins Jo	10:30am Yoga Fusion Vicki
11:00am	Staying Strong 60mins Anita		Staying Strong 60mins Jo		Staying Strong 60mins Jo	
4:00pm	Teen Gym	Teen Gym	Teen Gym	Teen Gym		
6:00pm	Yoga Fusion Vicki		Yoga Fusion Vicki	Yoga Fusion Vicki		
6:30pm			HIIT gym circuit 30mins Nadene			

Staying Strong Classes on Monday, Wednesday and Friday have a maximum capacity of 20 participants per class. Prior booking for the classes is optional but preferred.

General classes

Body Pump - Body Pump will help sculpt, tone and strengthen your entire body, fast! Pump is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

Express Pump/Spin - Body Pump combined with Spin. The class gives you the best of both popular forms of group fitness to test your strength and cardiovascular endurance.

Yoga Fusion - PILATES, YOGA AND STRETCHING – combines elements of each to create a workout that builds flexibility strength and core stability. Please bring a Yoga mat for your own comfort.

Cardio & Strength Circuit - Using a variety of cardio and weight training exercise in the gym, each week you can expect something new to step up your training.

Cardio & Strength Blitz – A high-energy cardio and strength class, which combines body weight moves to improve cardio fitness and plenty of strength moves to tone arms, legs and core.

Friday Mix Up - Mixing together strength, body weight and cardio exercises, you can expect something new each week to increase your fitness and build lean muscle.

HIIT gym circuit – a high-intensity interval training class combining body weight and resistance equipment moves to energise and pump up your body.

Specialist programs

Staying Strong - A 60 minute circuit style class for the Mature Adult to build and maintain muscle, cardiovascular strength, improve bone density, balance and self-esteem.

Staying Strong Low Impact Cardio - A 60 minute low impact class including Tai Chi, step, balance and circuit exercises to improve and maintain cardiovascular fitness and body mobility.

Staying Strong Higher Intensity – A 45 minute circuit style class for the Mature Adult using bodyweight and resistance equipment to build and maintain muscular strength.

Teen Gym - Secondary school aged students can learn to use gym equipment correctly while getting fit, with personalised programs and instruction from qualified trainers. Parents must fill out a junior membership agreement form for teens under 16 years old.

For your own comfort, please ensure you bring along a towel and drink bottle. Participants must visit GFC reception to collect a class ticket before commencing the class.

Please refer to the GFC brochures for membership and casual prices or visit mrsc.vic.gov.au.



mrsc.vic.gov.au/leisure



gfc@mrsc.vic.gov.au



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