


Group Fitness 2024

Effective Wed 23 Oct 2024

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---------|---|-----------------------------------|---|---|---|---|--------------------------|
| 6:00am | 30min Grit cardio 15min Body Balance | 6:15am 45min RPM | 30min Grit cardio 15min Body Balance | 6:00am C45 Cardio & Strength Zac | 30min Grit cardio 15min Body Balance | | |
| 7:10am | | | 45min RPM | | | | |
| 8:30am | | | | | | 30min RPM Members only | |
| 9:00am | Functional Fitness Brad | | | | | | |
| 9:15am | | Low Impact Aqua Joy | | Aqua Jane | | C45 Cardio & Strength Jane/Shane | 55min Body Balance |
| 9:30am | 30min RPM | Yoga Fusion Jenny | Powerbar Dave | Cardio Blitz Jenny | C30 Cardio & Strength Zac | Powerbar Jenny | |
| 10:00am | | | Core Strength Jenny  | | | Teen Gym 10am— 11am | |
| 10:30am | | 10:45am Staying Strong Dave | | | 10:45am Staying Strong Jenny | | |
| 11:00am | Aqua Jane | | Aqua Chrissy | | Deep Aqua Jane | | 45min RPM |
| 12:00pm | | | | 30min Dance | | | |
| 4:00pm | Teen Gym | Teen Gym | Teen Gym | Teen Gym | Teen Gym | | |
| 5:00pm | 30min Grit Strength | 5:00pm 45min BodyPump | | 30min Grit Strength | | | |
| 5:30pm | | | C30 Functional Core | | C30 Cardio & Strength Adam | | |
| 6:00pm | Metafit Dave | | | MetaPwr Dave | | | |
| 6:15pm | | Aqua Jane | 30min Grit Cardio | | 30min grit Cardio | | |



Live Class with an instructor



Virtual Class in Squash Court 1



Aqua Class in the 25m pool

Live fitness classes

Function Fitness Training A combination of bodyweight and strength moves in a 30 minute circuit-style class to build strength, power, endurance and agility (in the gym).

Powerbar Tone your body and build strength by using the resistance of Barbells, Dumbbells and body weight.

C30 and C45 Cardio and Strength Circuit These classes combine strength, cardio fitness and agility for a total body workout. Work/rest intervals may change from class to class but the intensity will always be there. Build strength while high-energy music powers you on. All fitness levels welcome (30mins or 45mins).

Cardio Blitz a 30 minute high intensity calorie burner using bodyweight and assorted agility equipment.

Core Strength A 30 minute workout focusing on engaging the core, glutes and pelvic floor. Warm up is recommended prior to class.

Yoga Fusion a 60 minute yoga-inspired class including elements of taichi, pilates, core strength, stretching and mediation to tone, calm and re-energise your body.

Metafit A high intensity interval bodyweight training class that will burn calories in a 30 minute session..

MetaPwr A high intensity interval training class that uses kettle bells, slam balls, dumbbells, ropes as well as your own bodyweight to burn calories and tone your body in a 30 minute session.

Virtual fitness classes

LES MILLS

BODYPUMP

Whole Body strength and conditioning using barbells and plates.

LES MILLS

BODYCOMBAT

High energy martial arts-inspired cardio workout.

LES MILLS

BODYBALANCE

Yoga-inspired class to strengthen and calm the mind and body.

LES MILLS

RPM

High energy indoor cycling workout.

LES MILLS

GRIT SERIES

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

High Intensity Interval Training: Strength, Conditioning and Cardio options

LES MILLS

DANCE

Fun dance workout. No dance experience required.

10 place limit for virtual classes

13 place limit for RPM only

Aquatic classes

Low Impact Aqua Held in the main pool, this class is designed for those who prefer minimal jumping. It is ideal for those post-pregnancy or returning from injury who want to improve their fitness.

Aqua Workout Held in the main pool, this class is ideal for people who want to develop cardio fitness in a challenging environment. You will use water resistance and additional water based equipment to improve cardiovascular fitness.

Deep Water Aqua Held in the deep end of the main pool. Using buoyancy equipment, this class keeps your feet off the bottom of the pool (nearly) the whole time! A high intensity workout for those who prefer to work a bit harder.

15 place limit for Aqua Class Tuesday 6:15pm

Specialist programs

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.

Staying Strong A circuit class suited to older adults or participants returning from an injury or illness. Incorporating pin-loaded machines, dumbbells, bands, balls and body weight to improve strength and balance and build confidence in everyday activities—60 minute class.

Child friendly classes



Children must not impact other participants' enjoyment of the class and shall remain the responsibility of the parent/carer at all times. Children are not permitted to use any equipment supplied by the centre; items (such as books, iPad, soft toys) may be brought in to keep children occupied for the duration of the class. Food is not permitted; water can be offered to children during class time with supervision. Parents/carers may wish to supply ear plugs for their children if loud music is a concern.

Late entry to classes is not permitted once the class has commenced



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