

CLASS TIMETABLE

Please bring a towel and water bottle/drink to all classes
Effective from 25th June 2018

	GROUP FITNESS STUDIO 1	GROUP FITNESS STUDIO 2	CYCLING STUDIO	GYM - FUNCTIONAL TRAINING AREA	AQUATIC WORKOUTS		
	MON	TUES	WED	THUR	FRI	SAT	SUN
6.00am	BODYPUMP-45	RPM	SPRINT	REZFIT	BODYPUMP-45		
8.00am	ACTIVE HYDRO				ACTIVE HYDRO	REZFIT	
8.15am						BODYPUMP-45	
9.00am	AQUA MOVES	AQUA MOVES	AQUA MOVES	AQUA MOVES		BODYSTEP	
9.15am	PILATES-45	GRIT	THT	BODYSTEP	BODYATTACK		BODYATTACK
9.30am					ARTHRITIS		
9.45am	SPRINT	REZFIT	RPM	REZFIT	RPM		
10.00am						RPM	
10.00am	ARTHRITIS	ARTHRITIS		ARTHRITIS		ACTIVE HYDRO	
10.15am						BODY BALANCE	BODYPUMP
10.35am	BODYPUMP	BODYSTEP	BODYPUMP	BODY BALANCE	BODYPUMP		
10.35am			ARTHRITIS				
11.15am						ZUMBA	YOGA
11.35am	LLLS	YOGA	LLLS	MUMS & BUBS	YOGA		
4.30pm							ZUMBA
5.30pm	REZFIT	GRIT					
6.00pm	THT	BODYPUMP	BODYJAM	REZFIT			
6.30pm		YOGA		ZUMBA-45	REZFIT		
6.30pm	RPM	SPRINT	SPRINT	RPM 40			
7.00pm	BODYPUMP	BODYSTEP	BODYATTACK	GRIT			
7.15pm	AQUA MOVES		AQUA MOVES	BODYPUMP-45			
8.00pm	BODY BALANCE	MEDITATION	PILATES	BODY BALANCE			



OPENING HOURS
Monday - Thursday:
Friday:
Saturday:
Sunday:

5:30am - 10.30pm
5.30am - 8.30pm
7.30am - 6.30pm
8.00am - 6.00pm

CONTACT US
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CLASS	DESCRIPTION	REQUIREMENTS		
ACTIVE HYDRO	Water exercise in the hydro pool designed to improve muscular strength, cardiovascular fitness and flexibility in an environment that has minimal impact on the joints.	-		
AQUA MOVES	Water exercise in the 25metre pool designed to improve muscular strength, cardiovascular fitness and flexibility in an environment that has minimal impact on the joints.	-		
ARTHRITIS	Gentle water exercise in a supportive warm water environment suitable for those coming back from injury or with chronic conditions.	-		
BODYATTACK	Sports inspired cardio workout for building strength and stamina. High energy interval training combining athletic movements to take your fitness to the next level	Exercise Mat		
BODYBALANCE	Combines Yoga, Feldenkrais, Pilates and Tai Chi with set to great music. It will stretch and strengthen your muscles, improve posture and flexibility and teach you valuable relaxation techniques.	Yoga Mat		
BODYJAM	BODYJAM™ is the ultimate combination of music and dance. While we're pretty sure you'll be too busy dancing your butt off, it's good to know that you'll be getting a killer workout and burning calories too.			
BODYPUMP	Use weights to strengthen, condition & tone the whole body. You will also increase bone density as well as burn fat.	Exercise Mat & Fitness Training Gloves		
BODYSTEP	An athletic and fun step class suitable for all levels with plenty of variety and great music.	-		
BOXING	A cardio and circuit based boxing class for all levels to participate and learn some boxing skills and techniques	Cotton glove liners		
GRIT	A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Barbells, weight plate and body weight exercises blast all major muscle groups combined with powerful music and inspirational coaches motivating you to go harder to get fit, fast.	Bookings Required		
Living Longer Live Stronger	Improve functionality for everyday life by increasing your fitness, bone density, balance, coordination and flexibility	-		
MEDITATION	Develop your mind's ability to stay present and mindful. Meditation helps improve physical and mental wellbeing and happiness.	-		
MUMS & BUBS	A session that combines elements of cardio, toning, strengthening, and core work tailored for all Mums. Excellent for Beginners. Suitable for all fitness levels. Babies, that are not yet crawling are welcome!	Exercise Mat		
PILATES	A low impact class that focuses on strengthening you throughout targeting posture, flexibility, and strength.	Exercise Mat		
RPM	A group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. In an RPM workout you repeatedly reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.	-		
SPRINT	A HIIT workout that targets your Athletic Performance. It's a mixture of rest and work intervals with 20 minutes of the 30 spent over 85% of your heart rate. Big HR spikes and a short rest.	-		
REZFIT	A session that runs for 30 minutes filled with TRX cross training exercises and a variety of fundamental body movements in the Functional Area of the Gym. Open to all levels.	Bookings Required		
T.H.T.	Tummies, Hips & Thighs is a class specifically designed to tone up the mid-section and the lower body muscles. Suitable for all levels.	Exercise Mat		
YOGA	Improve your strength and flexibility with this mind and body workout. Walk out with better posture, breathing awareness and a meditated relaxed mind.	Yoga Mat		
ZUMBA	A class that fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Its medium impact and a big fat burner!	Appropriate Footwear		