

# Group Fitness Timetable

	Time	Class	Location	
Monday	10.00am	Legs, Bums & Tums	Studio	
	10.30am	Deep Water Aqua Fit	Pool	
	12.40pm	RPM	Health Suite	
	1.00pm	Nifty Fifties	Studio	
	5.00pm	Body Conditioning	Studio	
	6.00pm	Total Body Workout	Studio	
	7.00pm	Body Balance	Studio	
	7.15pm	Shallow Water Aqua Fit	Pool	
	8.00pm	Circuits	Studio	
	8.00pm	RPM	Health Suite	
Tuesday	7.30am	Spin	Health Suite	
	10.00am	Fab Abs	Studio	
	11.00am	Step & Tone	Studio	
	12.30pm	Shallow Water Aqua Fit	Pool	
	6.00pm	Circuits	Studio	
	7.00pm	Body Combat	Studio	
	7.00pm	Pilates	Crèche	
	8.00pm	Legs, Bums & Tums	Studio	
	8.00pm	Spin	Health Suite	
	8.00pm	Judo	Sports Hall	
Wednesday	10.00am	Body Pump	Studio	
	11.00am	Body Balance	Studio	
	1.00pm	Nifty Fifties	Studio	
	6.00pm	Body Pump	Studio	
	7.00pm	Body Jam	Studio	
	7.00pm	Kung-Fu	Sports Hall	
	7.30pm	Shallow Water Aqua Fit	Pool	
	8.00pm	Hi/Lo Aerobics	Studio	
	8.30pm	RPM	Health Suite	
	Thursday	9.30am	Pilates	Studio
10.30am		Deep Water Aqua Fit	Pool	
5.30pm		Fab Abs	Studio	
6.15pm		Step	Studio	
6.00pm		RPM	Health Suite	
7.10pm		Body Balance	Studio	
8.10pm		Body Pump	Studio	
8.00-10.00pm		Kung-Fu	Sports Hall	
Friday		10.00am	Hi/Lo Aerobics	Studio
		11.00am	Body Balance	Studio
	12.30pm	Shallow Water Aqua Fit	Pool	
	12.30pm	Tai-Chi	Studio	
	1.30pm	Tai-Chi	Studio	
	5.00pm	Body Jam	Studio	
	6.00pm	Circuits	Sports Hall	
	6.00pm	RPM	Health Suite	
Saturday	9.30am	Body Pump	Studio	
	10.30am	Pilates	Studio	
	10.30am	RPM	Health Suite	
	12.30pm	*Karate	Studio	
Sunday	10.00am	Tai-Chi	Crèche	
	10.00am	Body Combat	Studio	
	11.00am	Body Balance	Studio	

\*Not included in membership package

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## STRENGTH AND CONDITIONING

**LEGS BUMS TUMS** - Low Impact conditioning class incorporating squats, lunges, & floorwork targeting areas from the waist down.

**BODY CONDITIONING** - As above with a mix of low impact exercises, with the use of hand weights, bands & body bars. May incorporate some aerobic moves.

**TOTAL BODY WORKOUT** - A low impact class designed to give your body a complete workout with the option to use steps, hand weights, bands & body bars. May incorporate some aerobic moves.

**CIRCUITS** - A moderate/high intensity circuit class with timed interval exercises at multiple stations, to help improve cardiovascular fitness & muscular strength & endurance.

**FAB ABS** - A circuit based class with specific abdominal & back exercises to help improve core strength.

**BODYPUMP** - Uses a specifically designed barbell system & incorporates weights into a pre choreographed workout.

**AQUAFIT** - A water based aerobic class ideal for those with joint problems or injuries.

## CARDIOVASCULAR

**STEP** - A high intensity fat burning class. A choreographed workout on a step platform designed to improve your cardiovascular fitness, & tone up your lower body.

**SPIN** - An indoor cycling class tailored to your own level, to help improve your cardiovascular fitness.

**RPM** - An indoor cycling class with pre-choreographed routines & dynamic music. Challenging your cardiovascular fitness & lower body strength.

**BODY COMBAT** - A pre choreographed high intensity workout with a range of self disciplines including Karate, Kick boxing & Tai-chi.

**BODYJAM** - A new generation dance class, with a mixture of dance & aerobic moves. This workout includes the latest sounds of hiphop, funk & latin music.

**HI/LO AEROBICS** - A exercise to music class, incorporating toning exercises.

## HOLISTICS

**BODY BALANCE** - A pre choreographed dynamic class, incorporating Yoga, Tai-Chi & Pilates. Improves joint mobility, flexibility, & range of music, core strength & posture. Please remove shoes & socks prior to the workout.

**PILATES** - A mat based workout to improve core strength agility & strengthen muscles.

**TAI-CHI** - A martial art based class to improve powers of mental concentration & body control. Helping to conserve & increase your energy flow.