

GROUP FITNESS TIMETABLE

COMMENCING 4TH MARCH 2024

OPERATIONAL HOURS: WEEKDAYS 5:30AM - 9:00PM

WEEKENDS 7:00AM - 7:00PM

STUDIO 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00	EVO STAMINA		EVO HIIT RATE			8:30 LES MILLS BODYPUMP	
9:30	LES MILLS BODYPUMP	LES MILLS SH'BAM	EVO FUSION	LES MILLS SH'BAM	LES MILLS BODYPUMP	9:30 LES MILLS BODYBALANCE	LOW IMPACT
10:30		LES MILLS BODYBALANCE				10:30 LES MILLS BODYCOMBAT	
10:45			RE VIVE	EMPOWER		15:30	LES MILLS BODYSTEP
17:30	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS SH'BAM	16:30	LES MILLS BODYPUMP
18:15		BOXFI				17:00 ALIGN	
18:30	LES MILLS BODYCOMBAT		LES MILLS BODYPUMP			17:30	LES MILLS BODYBALANCE

STUDIO 2

8:45			LOW IMPACT				
9:30	LOW IMPACT				LOW IMPACT		
10:30				LES MILLS CORE			
17:45	LES MILLS SH'BAM						
18:30	LES MILLS BODYBALANCE						

CYCLE

6:00		LES MILLS RPM			LES MILLS RPM	8:00 LES MILLS sprint	
9:30				LES MILLS RPM		9:00 LES MILLS RPM	
18:00	LES MILLS RPM		LES MILLS sprint	LES MILLS RPM			
18:15		LES MILLS RPM					

AQUA

7:30	LIFE		ENERGY		LIFE		
8:00		ENERGY		XT		8:00 XT	
9:45	XT		XT		VIVA		
12:00				XT		16:00 LIFE	VIVA
19:00	ENERGY	LIFE	ENERGY	VIVA	XT		

BOOKINGS REQUIRED

PLEASE CALL:

6142 2944

6142 2954

MCBRYDE CRES, WANNIASSA ACT 2903

BODYPUMP – IS ONE OF THE FASTEST WAYS TO STRENGTHEN YOUR ENTIRE BODY. CHALLENGING YOUR MAJOR MUSCLE GROUPS BY USING THE BEST WEIGHT-ROOM EXERCISES LIKE SQUATS, PRESSES, ROWS, DEAD LIFTS AND CURLS.

BODYCOMBAT – IS THE EMPOWERING CARDIO WORKOUT WHERE YOU ARE TOTALLY UNLEASHED. THIS FIERCELY ENERGETIC PROGRAM IS INSPIRED BY MARTIAL ARTS, DRAWING FROM DISCIPLINES SUCH AS KARATE, BOXING, TAE KWON DO, THAI CHI AND MUAY THAI.

BODYSTEP – IS THE ENERGISING STEP WORKOUT THAT MAKES YOU FEEL LIBERATED AND ALIVE. USING A HEIGHT- ADJUSTABLE STEP AND SIMPLE MOVEMENTS ON, OVER AND AROUND IT, YOU'LL PUSH FAT-BURNING SYSTEMS INTO HIGH GEAR.

SH'BAM – FEATURING SIMPLE BUT SERIOUS DANCE MOVES. SH'BAM IS THE PERFECT WAY TO SHAPE UP AND LET OUT YOUR INNER STAR – EVEN IF YOU'RE DANCE CHALLENGED!

LES MILLS CORE – THIS ULTIMATE CORE WORKOUT IS IDEAL FOR TIGHTENING YOUR TUMMY AND BUTT, WHILE ALSO IMPROVING FUNCTIONAL STRENGTH AND ASSISTING IN INJURY PREVENTION.

RPM – IS THE INDOOR CYCLING ROUTINE WORKOUT WHERE YOU RIDE TO THE RHYTHM OF POWERFUL MUSIC. TAKE ON THE TERRAIN WITH YOUR TEAM COACH WHO LEADS THE PACK THROUGH HILLS, FLATS, MOUNTAIN PEAKS, TIME TRIALS, AND INTERVAL TRAINING.

sprint – A 30 MINUTE INDOOR CYCLING CLASS USING HIGH INTENSITY INTERVAL TRAINING, IT'S A QUICK AND INTENSE STYLE OF TRAINING THAT RETURNS RAPID RESULTS WITH MINIMAL JOINT IMPACT.

BODYBALANCE – IS THE YOGA, TAI CHI, PILATE'S WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH AND LEAVES YOU FEELING CENTERED AND CALM.

FREESTYLE

EMPOWER – FOCUSES ON FOUR MAJOR COMPONENTS OF HEALTH AND FITNESS; MUSCULAR STRENGTH, MUSCULAR ENDURANCE, CARDIOVASCULAR FITNESS AND MOBILITY. THESE SINGLE STATION CIRCUIT BASED CLASSES WILL CHALLENGE YOU WITH A COMBINATION OF AEROBIC, RESISTANCE AND FLEXIBILITY EXERCISES AIMED AT BUILDING STRENGTH, FITNESS AND KEEPING YOU ACTIVE FOR LIFE!

REMI – IMPROVES MOBILITY, MUSCLE TONE, STRENGTH AND CORE ACTIVATION WITH RESISTANCE BANDS AND BODY WEIGHT EXERCISES. FINISHING WITH TOP TO TOE STRETCHES.

ALIGN – STRENGTHENS, STRETCHES AND RELAXES YOU WITH THIS INNOVATIVE MIND BODY CLASS. TARGET YOUR CORE AND INCREASE YOUR RANGE OF MOVEMENT AND FLEXIBILITY WHILE FOCUSING ON WHAT MATTERS, YOU!

LOW IMPACT – CLASSES ARE LAND BASED AND MAY INCORPORATE SEATED, STANDING, STRENGTH, CIRCUIT AND FLEXIBILITY EXERCISES AND MAY INCLUDE FLOOR WORK. THESE CLASSES WILL HELP IMPROVE MUSCULAR STRENGTH, CARDIO-VASCULAR ENDURANCE, BALANCE, BONE HEALTH, FUNCTIONAL TRAINING AND ACTIVITIES OF DAILY LIVING.

BOXFI – THE FUN, FAST PACED BOXING WORKOUT THAT GETS YOUR HEART PUMPING WHILE YOUR HANDS ARE THUMPING.

EVOLUTION – EVOLUTION IS BACK, WITH A TWIST. INTRODUCING 3 NEW CLASS STYLES COMBINING FUNCTIONAL MOVEMENTS AND EXERCISES USING HIGH INTENSITY INTERVAL TRAINING AND CIRCUITS.

HIIT RATE - A HIIT CARDIO BASED CLASS CONSISTING BODYWEIGHT AND FREE-WEIGHT EXERCISES USED TO ELEVATE THE HEART RATE. IF YOU LOVE HIGH INTENSITY EXERCISE AND FEELING HOT AND SWEATY AFTER A SESSION, HIIT RATE IS THE CLASS FOR YOU.

STAMINA - A HIIT CLASS UTILISING FREE WEIGHT EXERCISES. IN STAMINA YOU WILL INCREASE STRENGTH AND MUSCULAR ENDURANCE USING STATIONARY CIRCUIT EXERCISES. STAMINA CHALLENGES YOU TO BUILD STRENGTH THROUGH HIGH REPETITIONS. IF YOU LOVE THE FEELING OF SORE MUSCLES THE NEXT DAY, STAMINA IS THE CLASS FOR YOU.

FUSION - A HIIT CIRCUIT CLASS CONSISTING OF A COMBINATION OF CARDIOVASCULAR EXERCISES AND MUSCULAR ENDURANCE. FUSION IS A COMBINATION CLASS OF HIIT RATE AND STAMINA, WHERE YOU WILL USE A MIX OF BODYWEIGHT, FREE WEIGHTS AND BARBELLS IN A CIRCUIT FORMAT TO WORK YOUR WHOLE BODY.

AQUA

XT – SPICES UP YOUR ROUTINE BY INCORPORATING SEVERAL AQUA TRAINING ELEMENTS OF FITNESS INTO ONE CLASS. THIS CROSS TRAINING WATER SESSION FOCUSES ON STRENGTH, CARDIO FITNESS AND CORE WORK FOR AN EXCITING TOTAL BODY WORKOUT.

ENERGY – THIS PROGRAM IS DESIGNED TO STRENGTHEN YOUR BODY USING WATER RESISTANCE AND AQUATIC SPECIALIZED EQUIPMENT WHILE INCREASING YOUR FITNESS WITH EFFECTIVE CARDIO EXERCISES LEAVING YOU FEELING REVITALIZED.

VIVA – IS THE FUNCTIONAL TRAINING WATER WORKOUT THAT PREPARES AND STRENGTHENS THE MUSCLES THAT ASSIST YOU IN EVERYDAY ACTIVITIES. THIS IS THE ALL OVER BODY WORKOUT THAT GETS YOU READY TO LIVE LIFE TO THE FULLEST.

LIFE – A PROGRAM FEATURING ALL AQUA TRAINING ELEMENTS, SUITABLE FOR ANY AGE GROUP WITH A FUN POSITIVE ATMOSPHERE.