

GROUP FITNESS TIMETABLE

COMMENCING 19TH JANUARY 2025

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	
8:30	LOW IMPACT				LOW IMPACT	9:30	LES MILLS BODYBALANCE	LOW IMPACT
8:45			LOW IMPACT			10:30	LES MILLS BODYCOMBAT	
9:30	LES MILLS BODYPUMP		EVO FUSION	LES MILLS DANCE	LES MILLS BODYPUMP	15:30		LES MILLS BODYSTEP
10:30	LES MILLS DANCE	LES MILLS BODYBALANCE	RE VIVE	EMPOWER		16:30		LES MILLS BODYPUMP
17:30	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS DANCE	17:00	ALIGN	
18:15		BOXFI				17:30		LES MILLS BODYBALANCE
18:30	LES MILLS DANCE		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT				
CYCLE								
6:00		LES MILLS RPM			LES MILLS RPM	8:00	LES MILLS sprint	
9:30						9:00	LES MILLS RPM	
18:00	LES MILLS RPM		LES MILLS sprint	LES MILLS RPM				
18:15		LES MILLS RPM						
AQUA								
7:30	AQUA		AQUA		AQUA			
8:00		AQUA		AQUA		8:00	AQUA	AQUA
9:45	AQUA		AQUA		AQUA			
12:00		AQUA		AQUA		16:00	AQUA	AQUA
19:00	AQUA	AQUA	AQUA	AQUA	AQUA			

BOOKINGS REQUIRED

PLEASE CALL:

6142 2944

6142 2954

MCBRYDE CRES, WANNIASSA
ACT 2903

Active
group fitness

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.

LES MILLS DANCE – IS A HIGH ENERGY WORKOUT AND IS GREAT FOR THOSE WHO ARE WANTING TO ACHIEVE FITNESS THROUGH DANCE. IS A GREAT OPTION FOR THOSE WHO WANT TO IMPROVE THEIR DANCE SKILLS WHILE GETTING FIT OR FOR ANYONE WHO LOVES TO DANCE.

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!

REACTIVE – 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

AQUA – AQUA CLASSES, ARE LOW-IMPACT WORKOUTS THAT USE THE WATER'S RESISTANCE AND SUPPORT TO PROVIDE A CHALLENGING WORKOUT. AQUA AEROBICS IS SUITABLE FOR PEOPLE OF ALL AGES AND CAN QUICKLY IMPROVE YOUR OVERALL FITNESS.

AQUA CAN HELP WITH A VARIETY OF FITNESS GOALS, INCLUDING:

- **BUILDING STRENGTH:** BUILD MUSCLE STRENGTH AND ENDURANCE.
- **FLEXIBILITY:** IMPROVE YOUR FLEXIBILITY AND RANGE OF MOTION.
- **REDUCING STRESS:** REDUCE STRESS AND FEEL CALMER AFTER YOUR WORKOUT.
- **MANAGING PAIN:** MANAGE PAIN AND STIFFNESS, ESPECIALLY IN YOUR BACK, HIPS, KNEES, AND SHOULDERS.
- **REHABILITATING INJURIES:** EXERCISE WITHOUT PUTTING STRESS ON YOUR JOINTS, WHICH CAN BE HELPFUL FOR MANAGING INJURIES AND REHABILITATION.
- **IMPROVING BALANCE AND MOBILITY:** IMPROVE YOUR BALANCE AND MOBILITY.