



Group Fitness

	Mon	Tues	Wed	Thurs	Fri	Sat
6:15am	Rise & Shine Nat J		Rise & Shine Jenny		Rise & Shine Nat J	
9:15am	Express Pump/Spin Nadene	PYAS Vicki	Body Pump Dave	Step & Circuit Jenny	Friday Mix Up Barry	Body Pump Nat J
10:30am	Staying Strong 60mins Nat J		Staying Strong 60mins Nat J	Staying Strong Low Impact Aerobics Jenny	Staying Strong 60mins Nat J	PYAS Vicki
4:00pm	Teen Gym	Teen Gym	Teen Gym	Teen Gym		
6:00pm	PYAS Vicki		PYAS Vicki	PYAS Vicki		

	Mon	Tues	Wed	Thurs	Fri
9:15am		Aqua Aerobics Ruth		Aqua Zumba Kerry Anne	
6:30pm	Aqua Workout Ruth				

General classes

Body Pump - Body Pump will help sculpt, tone and strengthen your entire body, fast! Pump is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

Express Pump/Spin - Body Pump combined with Spin. The class gives you the best of both popular forms of group fitness to test your strength and cardiovascular endurance.

PYAS – PILATES, YOGA AND STRETCHING – PYAS combines elements of each to create a workout that builds flexibility strength and core stability. Please bring a Yoga mat for your own comfort.

Rise & Shine - Using a variety of cardio and weight training exercise, each week you can expect something new to step up your training.

Step & Circuit A freestyle choreographed class, which combines a mixture of step and body weight circuit moves to increase heart rate/improve cardio fitness while giving participants the option of keeping moves low-impact.

Friday Mix Up - Mixing together strength, body weight and cardio exercises, you can expect something new each week to increase your fitness and build lean muscle.

Staying Strong – A circuit style class for the Mature Adult to build and maintain muscle, cardiovascular strength, improve bone density, balance and self-esteem.

Low Impact Aerobics – A low impact class including Tai chi, step, balance and circuit exercises

Aquatic classes (Aqua classes are not included in Gym/Swim memberships)

Aqua Aerobics – Low-impact activity that takes the pressure off your bones, joints and muscles. Water also offers natural resistance, which can help strengthen your muscles.

Aqua Zumba – Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that is good for conditioning, toning and great fun.

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. **During school holidays teen gym participants can access the gym anytime during staff hours. Please refer to the opening hours brochure for further details.**

For your own comfort, please ensure you bring along a towel and drink bottle. Participants must visit GFC reception to collect a class ticket before commencing the class.

Please refer to the GFC and GAC brochures for membership and casual prices or visit

www.mrsc.vig.gov.au

Gisborne Fitness Centre
8 Hamilton St Gisborne
54283318

Gisborne Aquatic Centre
6 Aitken St Gisborne
54211452