


Group Fitness 2022

Effective from Monday 21 Nov 2022
10 place limit for Virtual classes
13 place limit for SPIN/RPM

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:15am	45min BodyBalance	45min RPM	45min BodyBalance	6:00am C45 Bec	45min RPM		
7:10am		45min BodyBalance	45min RPM	30min Core			
8:30am						Express Spin Jenny	
9:00am	Functional Circuit Jenny					Teen Gym 9am—12pm	
9:15am		Low Impact Aqua Joy		Aqua Jane		Cardio & Strength Jenny	55min BodyBalance
9:30am	Express Spin Jenny	Powerbar Dave	Cardio Blitz Jenny	C30 Circuit Bec	Powerbar Jenny		
10:00am			Core Strength Jenny 				
10:30am		10:45am Staying Strong Dave		45min RPM	10:45am Staying Strong Jenny		
11:00am	Aqua Jane				Deep Aqua Jane		45min RPM
12:00pm				30min Sh'Bam			
4:00pm	Teen Gym	Teen Gym	Teen Gym	Teen Gym	Teen Gym		
5:30pm		5:00pm 45min BodyPump	C30 Core Kade	30min Core	C30 Circuit Bec		
6:00pm	Metafit Dave			Metafit Dave			
6:15pm		Aqua Jane	BoxFit Barry				
7:00pm			55min BodyBalance				



Live Class with an instructor



Virtual Class in Squash Court 1



Aqua Class in the 25m pool

Live fitness classes

Function Fitness Training A combination of bodyweight and strength moves in a 30 minute circuit-style class to build strength, power, endurance and agility (in the gym).

Metafit A high intensity interval bodyweight class that will get the calories burning in a 30 minute timeslot. Classes may be run outside Nov-Mar.

Express Spin (30mins) An energetic class to get your heart and legs pumping. This fast paced session is all you need for your daily cardio workout.

Powerbar Tone your body and build strength by using the resistance of Barbells, Dumbbells and body weight.

C30 and C45 Circuit These classes combine strength, cardio fitness and agility for a total body workout. Work/rest intervals may change from class to class but the intensity will always be there. Build strength while high-energy music powers you on. All fitness levels welcome (30mins or 45mins).

BoxFit Gloves and focus pads supplied. **Bring your own clean cotton inners.** Expect sparring and drills to get your body pumped. All fitness levels welcome. Punching bag and speedball maybe used when class in fitness centre.

Cardio Blitz a 30 minute high intensity calorie burner using bodyweight and assorted agility equipment.

Core Strength A 30 minute workout focusing on engaging the core, glutes and pelvic floor. Warm up is recommended prior to class.

Cardio and Strength a high intensity 45 minute class to tone and strengthen your body. All exercises can be modified to suit the participant.

Virtual fitness classes

LES MILLS

BODYPUMP Whole Body strength and conditioning using barbells and plates.

LES MILLS

BODYCOMBAT High energy martial arts-inspired cardio workout.

LES MILLS

BODYBALANCE Yoga-inspired class to strengthen and calm the mind and body.

LES MILLS

RPM High energy indoor cycling workout.

LES MILLS

CORE Strength and conditioning workout for the core.

LES MILLS

SH'BAM Fun dance workout. No dance experience required.

Aquatic classes

Low Impact Aqua Held in the main pool, this class is designed for those who prefer minimal jumping. It is ideal for those post-pregnancy or returning from injury who want to improve their fitness.

Aqua Workout Held in the main pool, this class is ideal for people who want to develop cardio fitness in a challenging environment. You will use water resistance and additional water based equipment to improve cardiovascular fitness.

Deep Water Aqua Held in the deep end of the main pool. Using buoyancy equipment, this class keeps your feet off the bottom of the pool (nearly) the whole time! A high intensity workout for those who prefer to work a bit harder.

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.**

Staying Strong A circuit class suited to older adults or participants returning from an injury or illness. Incorporating pin-loaded machines, dumbbells, bands, balls and body weight to improve strength and balance and build confidence in everyday activities—60 minute class.

Child friendly classes



Children must not impact other participants' enjoyment of the class and shall remain the responsibility of the parent/carer at all times. Children are not permitted to use any equipment supplied by the centre; items (such as books, ipad, soft toys) may be brought in to keep children occupied for the duration of the class. Food is not permitted; water can be offered to children during class time with supervision. Parents/carers may wish to supply ear plugs for their children if loud music is a concern.

