


# Group Fitness 2024

Effective from Mon 15 April 2024

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:15am		45min RPM	45min BodyBalance	6:00am C45 Cardio & Strength Zac	45min RPM		
7:10am		45min BodyBalance	45min RPM				
8:30am						30min RPM <u>Members only</u>	
9:00am	Functional Fitness Matt						
9:15am		Low Impact Aqua Joy		Aqua Jane		C45 Cardio & Strength Jane/Shane	55min Body Balance
9:30am	30min RPM	Yoga Fusion Jenny	Powerbar Dave	Cardio Blitz Jenny	C30 Cardio & Strength Zac	Powerbar Jenny	
10:00am			Core Strength Jenny 			Teen Gym 10am—11am	
10:30am		10:45am Staying Strong Dave			10:45am Staying Strong Jenny		
11:00am	Aqua Janine		Aqua Chrissy		Deep Aqua Jane		45min RPM
12:00pm				30min Dance			
4:00pm	Teen Gym	Teen Gym	Teen Gym	Teen Gym	Teen Gym		
5:00pm	30min Grit Strength	5:00pm 45min BodyPump		30min Grit Strength			
5:30pm			C30 Functional Core Zac		C30 Cardio & Strength Adam		
6:00pm	Metafit Dave			Metafit Dave			
6:15pm			30min Grit Cardio		30min grit Cardio		

 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.

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

**C30 and C45 Cardio and Strength 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.

**Yoga Fusion** a 60 minute yoga-inspired class including elements of taichi, pilates, core strength, stretching and mediation to tone, calm and re-energise your body

## 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

#### **GRIT SERIES**

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

High Intensity Interval Training: Strength, Conditioning and Cardio options

### LES MILLS

#### **DANCE**

Fun dance workout. No dance experience required.

**10 place limit for virtual classes**

**13 place limit for RPM only**

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

**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.

**15 place limit for Aqua Class Tuesday 6:15pm**

## 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.

**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.

**Late entry to classes is not permitted once the class has commenced**



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