

# Group Fitness Timetable

Effective 1<sup>st</sup> April 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am		<b>Circuit Functional</b>		<b>Circuit Functional</b>			
6:00am			<b>Circuit</b>	<b>BOXING</b>	<b>Express Circuit</b>		
6:00am							
6.15am							
6:30am							
8:00am							
8.00am	<b>Active Over 50's</b>	<b>Active Over 50's</b>	<b>Active Over 50's</b>	<b>Active Over 50's</b>	<b>Active Over 50's</b>	<b>Circuit</b>	
8:30am							
9:00am							
9:15am		<b>ZUMBA</b>	<b>MOTIV8</b>		<b>MOTIV8</b>		
9:15am	<b>Circuit</b>	<b>Circuit</b>	<b>Circuit</b>		<b>Circuit</b>		
9:30am							
10:00am							
10:15am							
11:00am		<b>HEARTMOVES</b>		<b>HEARTMOVES</b>			
3.30pm							
4:30pm							
4:30pm	<b>Circuit Functional</b>	<b>Express Circuit</b>	<b>Circuit</b>	<b>Circuit</b>	<b>Circuit</b>		
5.00pm							
5.15pm							
5:30pm	<b>YOGA</b>						
5:30pm		<b>BOXING</b>					
5:45pm					<b>FAMILY ZUMBA</b>		
6:00pm							
6:15pm			<b>ZUMBA</b>				
7:00pm							
7.15pm	<b>ZUMBA</b>						

Note 1<sup>st</sup> Friday of the month only

- FAMILY ZUMBA (1<sup>st</sup> Friday of the month only Kids from 7yrs up)
- 24/7 Access Available (see reception)
- Please bring your own Yoga Mat for Body Balance and Yoga
- Duration of Aerobic classes approximately 45 or 55 minutes. Duration of Circuit 45 minutes.

## STAFFED HOURS

**Mon–Wed:** 5:30am – 8.30pm  
**Thursday :** 5:30am – 8:00pm  
**Friday:** 5:30am – 7.00pm  
**Saturday:** 7:45am – 12 noon  
**Sunday:** 7:45am -10:15am  
 3:00pm – 6:00pm

## CHILDCARE HOURS

**Monday – Friday:** 9:00am – 11:30am  
 4:20pm – 7:20pm  
 Childcare Closes 6.50pm (Friday)  
**Saturday:** 7:45am – 10:15am  
**Cost:** \$4.00 per child  
 \$6.00 per family

Class Explanations	
	Combination of yoga, pilates, and tai chi. Body Balance will loosen and strengthen your muscles, improve your posture and flexibility and teach you valuable relaxation techniques. This is an excellent class to prevent injuries & helps with relaxation and harmony.
	The fastest way in the universe to get into shape. A non-impact class designed to give your body a complete workout using adjustable weights to music. Body Pump is as easy or as hard as you want! Suitable for everyone.
	A simple and dynamic step class designed for anyone who wants Results, Results, Results. Low impact options make this class achievable for all. Come armed with plenty of energy and good humour!
	An indoor cycling class that targets lifestyle, fitness and well being. It is suitable for all fitness levels and does not require a high degree of co-ordination. The intensity is controlled by the participant.
	A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT™
	Based on cutting edge scientific research this 30 minute class is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and 'slings' connecting the upper and lower body, this workout will leave you looking good and feeling strong.
<b>BOXING</b> 	A Gloves and Pads class that combines core exercises with boxing drills to increase fitness and strength. Bring a partner along or be paired up with someone of similar size and ability.
<b>ZUMBA</b>	The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Get ready to join the party!
<b>MOTIV8</b>	A back-to-basics class that will keep you motivated to improve fitness and burn calories, without the complicated moves. This class consists of short intervals of aerobics, step, new body and abs, butts & thighs.
<b>HEARTMOVES &amp; ACTIVE OVER 50's</b>	Is a low to moderate exercise program for people who have high blood pressure, high cholesterol, diabetes, a heart condition, are overweight or mature and have not exercised
<b>CIRCUIT/ FUNCTIONAL CIRCUIT</b>	A workout combining hydraulic strength equipment and aerobic conditioning to both tone and increase cardiovascular fitness. Fantastic workout for both men and women. The <b>FUNCTIONAL CIRCUIT</b> focuses on functional movements that will assist you with day to day activities (no aerobics style warm up. (45 mins)
<b>YOGA</b>	The 'Power Flow' yoga class is a strong workout that will have you in a sweat. The class will run for 45mins and is suitable for all everyone no matter how strong, co-ordinated or stiff you are! Power flow yoga helps recovery from intense workouts, opens up tight areas, improves range of motion and develops mental focus.
<b>MEMBERSHIP INCLUDES:</b> Personalised Gym Program, Group Fitness Classes, Unlimited Gym Usage, Steamroom and Timestops.	
<b>CLUB RULES:</b> Enclosed footwear compulsory, Hand Towels are compulsory, Dress must be neat and tidy, Offensive Behaviour or language will not be tolerated.	