

# GROUP FITNESS TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN	
AM	6.00	S & C 1HR	METCON 45M <b>6.15AM START</b> LES MILLS BODYPUMP 45M	S & C 1HR	S & C 1HR	S & C 1HR		
	7.55	50FIT BALANCE & COORD 1HR		50 FIT YOGA 1HR	50FIT FREESTYLE 1HR			
	8.20					LES MILLS BODYPUMP 30M	LES MILLS BODYATTACK 45M	
	8.30						SUPER SATURDAY 1HR	
	9.00	SPIN 30M METCON 45M LES MILLS BODYCOMBAT 1HR	POWER HR 1HR LES MILLS BODYATTACK 45M	METCON 30M LES MILLS BODYPUMP 45M	SPIN 30M MICROBAND 30M LES MILLS BODYATTACK 45M	METAFIT 30M FUNCTIONAL FRIDAY 1HR		
	9.05						LES MILLS BODYPUMP 30M	LES MILLS BODYPUMP 45M SUPER SUNDAY 1HR
	9.15							
	9.35	S.W.E.A.T 1HR		POWER HR 1HR	BOXFIT 1HR	POWER HR 1HR	BOXFIT 1HR <b>9.40AM START</b> LES MILLS BODYBALANCE 1HR	
	9.45		LES MILLS BODYBALANCE 1HR	LES MILLS BODYBALANCE 1HR	LES MILLS BODYPUMP 45M			<b>9.55AM START</b> LES MILLS BODYCOMBAT 45M
	10.00	YOGALATES 1HR	SPIN 30M METCON 30M			FREESTYLE CORE 30M		<b>10.10AM START</b> METCON 45M
10.45		YOGA 1HR		YOGA BACK TO BASICS 1HR				
PM	12.00		Strength for Life 1HR		Strength for Life 1HR			
	4.30	BOXFIT 1HR	METCON 30M	SPIN & STRENGTH 30M	SPIN 30M	BOXFIT 1HR		
	5.00		S & C 1HR LES MILLS BODYCOMBAT 45M	LES MILLS BODYPUMP 45M				
	5.10				METAPWR 30M			
	5.15							
	5.30	MICROBAND 30M		METCON 30M				
	5.45		YOGALATES 1HR		S.W.E.A.T 1HR			
	6.00	S & C 45M LES MILLS BODYPUMP 45M	S.W.E.A.T 1HR	S & C 1HR				
	6.15				YOGA 1HR			

● STUDIO 1 FUNCTIONAL TRAINING STUDIO
 ● STUDIO 2 GROUP FITNESS STUDIO
 ● SPIN STUDIO FUNCTIONAL TRAINING ROOM

# AQUA FITNESS TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
AM	7.30	REVITALISE AQUA 1HR	AQUA AI CHI 1HR	REVITALISE AQUA 1HR	AQUA AI CHI 1HR	REVITALISE AQUA 1HR	
	8.40			AQUA FIT 1HR			
	9.15	AQUA FIT 1HR				AQUA FIT 1HR	AQUA FIT 1HR
PM	6.15			BUMS & TUMS 1HR			
	6.45	AQUA HIIT 45M	<b>6.50PM START</b> AQUA HIIT 45M				

● 25M POOL
 ● HYDROTHERAPY POOL

# GROUP FITNESS TIMETABLE

## GROUP FITNESS

**BODY ATTACK:** A high intensity, easy to follow workout with simple, athletic moves and advanced strength work. Great for your cardiovascular fitness.

**BODY COMBAT:** You'll punch and kick your way to fitness, burning loads of calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master

**BODY PUMP:** This class works the whole-body using barbells and dumbbells to shape the muscles.

**BOXFIT:** A boxing and martial arts style class, utilising the freestanding bags and focus mitts to kick, punch and knee your way to fitness.

**CORE (Les Mills):** a scientific-based core workout using athletic training principles to build strength, stability and endurance.

**FREESTYLE CORE:** A 30min session focusing on core definition and sports performance by targeting your core, lower back, and glutes.

**FUNCTIONAL FRIDAY:** A FUN-ctional class combining high-intensity interval and variable intensity training. Each session will be different and aimed to improve overall fitness.

**MetaPWR:** is a resistance workout combining bodyweight and weighted compound exercises with little to maximum calorie burn and increased metabolic rate during and after workout.

**MetaFIT:** Metafit is a popular workout that combines bodyweight training (exercise that uses your own weight as resistance) with bursts of high intensity cardio (HIIT).

**METCON:** A fast, fun, and high intensity functional workout suitable for all fitness levels.

**MICROBAND:** Focusing on both stability and mobility in order to build your foundation and develop your strength.

**POWER HR:** Aimed at building knowledge, skill and sturdy foundations through an all-encompassing strength and conditioning program. Suitable for any fitness and skill levels! You'll build strength and improve cardiovascular fitness.

**POWER UP:** Start your week off with a 30 minute super intense HIIT workout, designed to build muscle, increase power, and burn hundreds of calories.

**STRENGTH & CONDITIONING (S&C):** A broader approach to strength & conditioning to develop fundamental skills while providing closer insight on technique and workout strategies.

**SUPER SATURDAYS:** This class is about having fun and working out together! It consists of group and partner workouts programmed to be enjoyable and challenging.

**SUPER SUNDAY:** A class for everyone and their individual goals. Using strength and cardiovascular movements, you're guaranteed to sweat, improve skills, and expand your knowledge to get stronger.

**S.W.E.A.T:** Strengthening workout to energise and tone. A class with a variety of formats using key boxing principles and combinations crossed with core and strength-based movements to help you develop your boxing skills and improve cardiovascular fitness.

## WELLNESS

**BODY BALANCE:** This Yoga, tai chi and Pilates workout helps build flexibility and strength, leaving you feeling centred and calm.

**YOGA:** Vinyasa Yoga is a fluid movement system that increases flexibility, improves postural awareness and prepares the mind for meditation.

**YOGA BACK TO BASICS:** A Slower paced Vinyasa that focuses on postural alignment and covers Yoga technique in detail.

**YOGALATES:** A fusion of Yoga and Pilates. You will be taken on a mindful journey where the two disciplines blend, toning and strengthening all major muscles groups, enhancing your stamina and flexibility, and improving your balance. A perfect way to calm the mind and de-stress the body.

## CYCLE

**SPIN:** An indoor cycling class providing ultimate fat-burning. It's the perfect workout for those looking to tone and shape your legs, hips and butt while improving cardiovascular fitness.

**SPIN & STRENGTH:** A hybrid-style class with a combination of spin bike and weight training to build endurance, strength and cardiovascular health. This class uses spin bikes and the weights area.

## AQUA FITNESS

**AQUA AI CHI:** An aqua-based relaxation class that combines Tai Chi, Yoga, and flow to help increase flexibility, balance, and strength.

**AQUA FIT:** A medium intensity workout combining cardiorespiratory, muscle conditioning and interval training to increase endurance and flexibility while your joints are supported by the water.

**AQUA HIIT:** A 45min high intensity interval training water class utilising the water for resistance along with equipment. A full-body workout aiming to improve cardio fitness and to burn calories.

**BUMS AND TUMS:** This class focuses on working your core, inner thighs and glutes using aqua bands and additional aqua-based equipment.

**REVITALISE AQUA:** A low impact full body workout for all fitness levels utilising water - resistance and aqua equipment.





## OVER 50s

**50 FIT:** This program encompasses multiple areas of health, fitness and well-being. With a strong focus on the social and community benefit of exercise, 50 FIT will improve both your mental, spiritual, and physical health.

**SFL:** Strength for Life is an evidence-based progressive strength training and group exercise program designed specifically for over 50s. SFL Doctor referral required > <https://kwin.city/317yUSR>

## CENTRE OPENING HOURS

Monday to Friday ( <i>Pool closes 8pm</i> )	5.30am	9pm
Saturday	7.45am	5pm
Sunday and Public Holidays	9am	5pm

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**PLEASE NOTE: NO ENTRY to classes 5 minutes after they have commenced**

Please see your instructor if you are new, have an injury or are on any medication that might affect your workout.