

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Saturday	Sunday
6.15am			Cycle		Body Pump			
6.30am	Circuit							
8.15am						8.15am	Cycle	
9.00am						9.00am	Cardio Beat	Move & Groove
9.15am	BodyStep	50/50	BodyPump	Move & Groove	BodyStep			
9.15am	Circuit		Circuit		Circuit	9.15am	Circuit	
9.15am	Young at Heart	Cycle	Athletic Aqua	Cycle		9.15am		Cycle
9.30am				Young at Heart		10.00am	BodyPump	BodyCombat
10.15am	Yoga	Stretch						
10.30am		Aqua Tone		Young at Heart		10.30am	Young at Heart	
10.30am	BodyPump		Pilates	BodyStep	Supa Sculpt			
11.00am						11.00am	BodyBalance	Pilates
11.30am	Lite Pace		Lite Pace		BodyBalance	 <p><b>Red Flagged Classes:</b> Any class that consistently does not meet the minimum required number of ten participants will be red flagged. These classes will then be given four weeks to improve, or be discontinued after two more weeks notice. Please support the red flagged classes if you would like to keep them on the timetable.</p> <p><i>* additional cost</i></p>		
5.15pm	BodyPump	Circuit	BodyPump		Body Pump			
5.30pm	Circuit	BodyCombat		BodyStep				
6.00pm				Circuit				
6.15pm			BodyBalance		Zumba*			
6.15pm	BodyAttack	Pilates	T.H.T.	Pilates				
6.30pm		Cycle						
6.30pm	Cycle	BodyStep	Cycle	BodyPump				
7.00pm	Aqua Power	Athletic Aqua						
7.15pm	T.H.T.	Yoga	BodyAttack					
7.30pm		BodyPump	Pilates	Yoga				
8.15pm	BodyBalance		Knockout Fitness Boxing					

Circuit Room	
Cycle Studio	Cycle 45 mins.
Multi-Purpose Room	Abs & Stretch 30 mins.
Group Fitness Studio	Also Les Mills Programs
Pool	

**Most Classes are 55 Minutes**

Occasionally due to high temperatures we will experience higher volumes of casual swimmers and on these occasions, for health & safety reasons, your Aqua class may be cancelled. Please phone for confirmation two hours before the class is due to commence. Thank you.

# Class Descriptions & Important Information

## LES MILLS PROGRAMS

**Body Pump :** Suits levels 1 - 3

Body Pump is non-impact class, designed to give your body a complete workout using barbells and weights to music. *(Not an Aerobic Class.)*

**Strictly no admittance once the class has commenced.**

**Body Step :** Suits levels 1 - 3

The best butt & thigh workout. Choose your own options and step height.

**Strictly no admittance once the class has commenced.**

**Body Combat :** Suits levels 1 - 3

A Non-Contact solid Martial Arts class to music.

**Body Attack :** Suits levels 2 - 3

Intense calorie consuming aerobic workout that will push you to your limits. **Get fit, Stay fit, Get fitter!**

**Body Balance :** Suits levels 1- 3

Improves your strength and posture, relieves tension and stress. Helps relaxation and harmony.

## AQUA CLASSES

**Aqua Power :** Suits level s 2 - 3

A high energy, shallow water cardiovascular workout, designed to increase the heart rate. Low Impact, with minimal choreography. (Main Pool)

**Aqua Tone :** Suits levels 1 - 3

A low impact muscular conditioning class in shallow water, incorporating a variety of equipment for resistance. Minimal choreography. (Main Pool)

**Athletic Aqua :** Suits levels 1 - 3

A high energy deep water workout combining cardiovascular and resistance exercises. A variety of equipment may be used. You are suspended by a buoyancy belt. Confidence in deep water required. (Main Pool)

**Young at Heart :** (Recommended for over 55's)

A gentle low impact class in the warm water program pool, designed specifically for the active senior.

**Circuit :** Suits levels 1 - 3

A series of exercise stations including cardiovascular and weights for a time efficient full body workout.

**Cycle :** Suits levels 1 - 3

An indoor cycling class suitable for all fitness levels. Improved fitness – high caloric expenditure. Bring water, and a towel. This is a **45 minute class.**

**Abs & Stretch :** Suits levels 1 - 3 **(only 30mins.)**

Begin or end your gym workout with an intensive **30 minute abdominal & stretch class.**

**Move N Groove :** Suits levels 2 - 3

A great mix of high and low impact aerobic moves for the regular exerciser who likes to be challenged. Includes challenging choreography.

**Cardio Beat :** Suits levels 2 - 3

A Low Impact Aerobic class where at least one foot remains in contact with the floor most of the time. Can involve some challenging choreography.

**T.H.T. (Tummy, Hips & Thighs) :** Suits levels 1 - 3

Extended basic aerobic warm up followed by toning exercises for the above areas.

**Supa Sculpt :** Suits levels 1 - 3

Lots of toning exercises for the whole body.

**50/50 :** Suits levels 2 - 3

A surprise Class! A combination of two of your favourite Group Fitness classes. May include some challenging choreography.

**Lite Pace :** Suits levels 1 - 3

Suits new participants who have not exercised for a long time, older exercisers, pregnant ladies and arthritis sufferers.

A fun gentle moderate level class.

**Stretch :** Suits levels 1 - 3

A gentle warm up followed by an extended stretch session.

**Yoga :** Suits levels 1 - 3

The ultimate in stretch and relaxation.

**Pilates :** Suits levels 1 - 3

Strengthens & tones the body's core muscles. Great for improving posture, toning abdominals & increasing mobility for the spine.

**Knockout Fitness Boxing:** Suits levels 1 - 3

A mix of cardio and boxing moves - an interactive and fun class for everybody.

**Glove Hire \$5 or BYO**

- MOST CLASSES ARE FOR A 55 MINUTE DURATION.
- CYCLE CLASSES ARE 45 MINUTES.
- ABS. & STRETCH CLASSES ARE 30 MINUTES.
- AQUA CLASSES ARE 45 MINUTES.
- NO ADMITTANCE TO BODYPUMP OR BODYSTEP ONCE THE CLASS HAS COMMENCED.
- NO ADMITTANCE TO OTHER CLASSES IF YOU ARRIVE MORE THAN 5 MINUTES AFTER THE SCHEDULED STARTING TIME.
- PLEASE BRING A BOTTLE OF WATER AND TOWEL TO ALL CLASSES, A MAT IS REQUIRED FOR YOGA, PILATES & BODYBALANCE CLASSES.
- IF YOU ARE SICK, PREGNANT, HAVE A MEDICAL CONDITION OR ARE INJURED, PLEASE FOLLOW THE ADVICE OF YOUR MEDICAL PRACTITIONER BEFORE JOINING ANY CLASSES.

**CLASS TYPE 1 – BEGINNERS**  
**CLASS TYPE 2 – INTERMEDIATE**  
**CLASS TYPE 3 – ADVANCED**

### Casual Prices

<b>Adult</b>	<b>\$17.00per Class</b>
<b>Senior Rate</b>	<b>\$13.60 per Class</b>
<b>Student /Concession</b>	<b>\$11.90 per Class</b>
<b>11.30 am Classes</b>	<b>\$11.90 per Class</b>
<b>Aqua Classes</b>	<b>\$10.80 per Class</b>