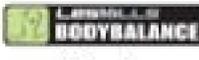


# GROUP FITNESS TIMETABLE

STARTING 26/10



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.10am						<b>BODYPUMP</b> Alecia
9am	 Gym Staff		 Gym Staff			<b>SUNDAY</b>  Kylie/Karola
9:15am				<b>LES MILLS GRIT</b> Jane	<b>LES MILLS GRIT</b> Alecia	
9:30am	<b>BODYPUMP</b> Kate	 Kylie	<b>BODYPUMP</b> Kate			
9:45am					 Alecia	
10:30am		 Debra	 Dao			
10:45am	<b>Gold Total</b> Debra		<b>Gold Total</b> Debra	<b>Gold Total</b> Claudia		
5:00pm	 Kylie		 Zena			
5:30pm	<b>BODYPUMP</b> Jako	<b>LES MILLS GRIT</b> Karola	<b>BODYPUMP</b> Alecia	<b>LES MILLS GRIT</b> Jako		
6:05PM		 Bill		 Jako		
6:10PM		 Karola				
6:35PM	 Jako					

# AQUA

	MON	TUE	WED	THU
8:30am	AQUA Debra			
9:30am	AQUA Debra	AQUA Debra	AQUA Debra	AQUA Claudia
7:00pm	AQUA Claudia		AQUA Claudia	

## A few reminders:

1. Please arrive 5-10min before a class, especially for weights classes
2. As a courtesy to class participants please avoid entering classes once they have started
3. Please assist us by providing the Health Club with feedback! Complete a Feedback Form at reception.

## Group Exercise Timetable Description

### GRIT

Get the power of personal training with the motivation of a team in this 30minute workout designed to get you super fit super fast. Use barbells, plates and benches to blast all major muscle groups leaving your muscles lean and your metabolism in overdrive.

### CXWORX<sup>®</sup>

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. CXWORX<sup>®</sup> will leave you looking good and feeling strong. Strengthen and tone your core, taking your abs to the next level.

### BODYATTACK

Is the sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

### BODYPUMP

A non-impact class designed to work all the major muscles groups of your body, using adjustable weight loaded barbells and body weight exercises to fantastic music.

### RPM<sup>™</sup>

Is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. RPM<sup>™</sup> is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness over time.

### SPRINT<sup>™</sup>

Is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The 30 minutes you put into this workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

### BODYBALANCE

A low impact combination of core stabilizing fluid moving exercises to strengthen and tone the entire body. A great class for every fitness level! This class incorporates Pilates, Yoga and contemporary dance to music.

### GOLD Total

Simple exercises aimed at increasing coordination, balance, strength, fitness and flexibility. Suitable for beginners, over 50s and rehab clients.

### BOOTCAMP

Bootcamp is an outdoor mix of cardio, strength, speed and interval training designed to test your fitness through a series of physical challenges.

### AQUA Fitness including Deep Aqua

The water provides great cardio workout with cushioning, resistance and support – a great injury and prevention workout! Joints are safely supported with exercises that are lots of fun

