

GROUP EXERCISE TIMETABLE



Whitlam Leisure Centre

Starts 22nd June Reopening 2020

Stage 2:

20 participants in studio collect ticket at reception upon entry!

20 participants in Aqua Must Book

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.10am						BODYPUMP Alecia
9am	 Kylie/Gym Staff		 Jennii/Gym Staff		 Kylie/ Gym Staff	
9:30am	BODYPUMP Kate	LES MILLS GRIT Kate	BODYPUMP Kate	WOD Kylie	9.15am LES MILLS GRIT Alecia	
9.45am						
10:30am						
10:45am	Gold Total Debra		Gold Total Debra			
5pm						
5:30pm	BODYPUMP Jako	LES MILLS GRIT Karola	WOD Kylie	BODYPUMP Mel		
6PM						

AQUA

	MON	TUE	WED	THU	FRI
8:30am					
9:30am	AQUA Debra	AQUA Debra	AQUA Debra		
10:35am					
7:00pm					

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 superfast. Use barbells, plates and benches to blast all major muscle groups leaving your muscles lean and your metabolism in overdrive.

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.

GOLD Total

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

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