

# Group Fitness Timetable

Effective 8<sup>th</sup> May 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Fitness	06:05am			<b>SPRINT</b> 06:05 – 06:35am		<b>SPRINT</b> 06:05 – 06:35am		
	09:00am	<b>BODY PUMP</b> 09:00 – 09:45am		<b>CIRCUIT</b> 09:00 – 09:45am	<b>3 IN 1</b> 09:00 – 09:45am	<b>BODY PUMP EXPRESS</b> 09:00 – 09:30am		
	09:30am					<b>DANCE EXPRESS</b> 09.30– 10.00am		
	10:00am	<b>MAT PILATES</b> 10:00 - 10:45am	<b>BODY STEP</b> 10:00 – 10:45am	<b>MAT PILATES</b> 10:00 - 10:45am		<b>BODY BALANCE EXPRESS</b> 10:00am – 10.30am		
	12:00pm	<b>SPIN PLUS</b> 12:00 – 12:45pm		<b>SPIN PLUS</b> 12:00 – 12:45pm				
	5:30pm	<b>DANCE</b> 05:30 – 06:15pm	<b>TONE</b> 05:30 – 06:15pm	<b>DANCE</b> 05:30 – 06:15pm				
	6:00pm				<b>CARDIO BOXING</b> 6:00pm– 06:45pm			
	6:15pm	<b>BODY PUMP</b> 06:15 – 7:00pm	<b>BODY BALANCE</b> 6:15 – 7:00pm					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gym	1:00pm			<b>ACTIVE ADULTS</b> 01:00– 02:00pm		<b>ACTIVE ADULTS</b> 01:00– 02:00pm		
	3:30pm	<b>TEEN GYM</b> 03:30 – 04:30pm	<b>TEEN GYM</b> 03:30 – 04:30pm	<b>TEEN GYM</b> 03:30 – 04:30pm	<b>TEEN GYM</b> 03:30 – 04:30pm	<b>TEEN GYM</b> 03:30 – 04:30pm		
	7:00pm			<b>MALLEE MEN</b> 07:00 – 08:00pm				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquatics	09:30am		<b>AQUA AEROBICS</b> 09:30– 10:45am		<b>AQUA AEROBICS</b> 09:30 – 10:45am	<b>AQUA AEROBICS</b> 09:30 – 10:15am		
	5:45pm			<b>AQUA AEROBICS</b> 05:45 – 06:30pm				
	6:00pm		<b>AQUA AEROBICS</b> 06:00 – 06:45pm					

# Group Fitness Descriptions

Effective from 8<sup>th</sup> May 2025

## **BODYPUMP – 30min & 45min**

Using light to moderate weights with a lot of repetition, it's a total body workout burning up to 540 calories. Instructors will coach you through the scientifically proven moves & techniques with great music, helping you achieve much more than working out on your own!

## **NEW BODYSTEP**

### **Functional Step Training– 45min**

Basic stepping, just like walking up & down stairs, is at the heart of BODYSTEP – a full-body cardio workout to really tone your butt & thighs. Heaps of options so that everyone leaves feeling successful.

## **BODYBALANCE – 30min & 45min**

Ideal for anyone & everyone, a class that will improve your mind, body & your soul. You will bend & stretch through a series of simple yoga moves & embrace elements of Tai Chi & Pilates. This class will connect you with your body through mobility movements which are gentle & easy on the body.

## **SPRINT – 30min**

A 30 minute high intensity-interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill & motivation comes from pushing your physical & mental limits. A high-intensity, low impact workout, it's scientifically proven to return rapid results.

## **SPIN PLUS– 45min**

This is a cycle & strength class giving you an all-over body workout. Spinning is a great cardiovascular workout & can help build lower-body muscle strength. Team this with land-based weights, resistance bands & bodyweight to challenge the muscles.

## **MAT PILATES – 45min**

Increases spinal mobility, improves core strength, lengthens the muscles & increases your oxygen uptake. It also helps improve posture, balance & reduce stress. This is a fun class for all ages & abilities, working from the mat.

## **DANCE – 30min & 45min**

A fun loving, insanely addictive dance workout. Dance is an ego-free zone with no dance experience required! All you need is a playful attitude & a cheeky smile so forget about being a wallflower. Even if you walk in thinking you can't you'll walk out knowing you can.

## **TEEN GYM \_ 60min**

Join Teen Gym for fun fitness challenges to motivate and inspire teens (12-16yrs) to embrace self-improvement and active living.

## **3 in 1– 45min**

If you want the optimal mix of strength, cardio & core training then this is it! Step into a 3 in 1 class & you'll tick off a complete workout. The mix of functional training & resistance band exercises will help you burn calories & take your fitness to the next level. 3 in 1 has a wide variety of options suited to all fitness levels.

## **CIRCUIT – 45min**

This workout involves rotating through various exercises targeting different parts of the body. Focusing on different muscle groups in a short amount of time is an effective exercise that can be incorporated into a healthy lifestyle.

## **ACTIVE ADULTS – 60min**

Active Adults is an opportunity for anyone to be guided, educated & supervised when using the health club. Giving you security to keep moving in a safe environment with an instructor watching & helping when needed. Also the added bonus of afternoon tea, yummy!

## **CARDIO BOXING – 45min**

Is an excellent cardio workout that improves strength, aerobic levels and cognitive skills. You do not need a partner for this class, just come along and join in the fun!

## **MALLEE MEN – 60min**

A low impact combination of boxing, cardio & water-based exercise. This type of exercise is essential for adults of all ages, they become increasingly important in workouts for men over 50 because maintaining flexibility & improving strength & balance can help optimise your functional performance.

## **AQUA AEROBICS – 60min**

A fantastic cardio & toning workout which helps keep your body supple, flexible & healthy. Gently increasing your pulse & breathing rate, so it's great for helping to improve your heart health. A perfect low impact class for all ages & fitness levels in the comfort of our heated pool.

## **STRETCH– 45min**

As you age your muscles tighten & range of motion in the joints can be minimised. A regular stretching program can help lengthen your muscles & make daily living easier. Other benefits include reducing risk of overuse injuries, improved performance, relaxation & stress relief. This is a social class.