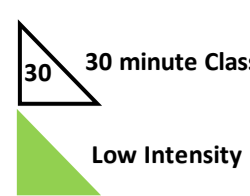
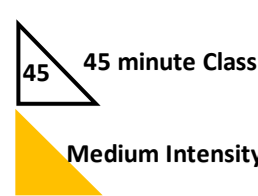
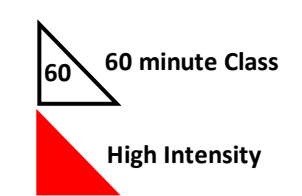





group fitness timetable

1 April 2018—30 April 2018

 30 minute Class
 45 minute Class
 60 minute Class
 Low Intensity
 Medium Intensity
 High Intensity

| GROUP CLASSES *bootcamp : assessment required | | | | | | | |
|--|-------------------------------|------------------------------|-------------------------------|-----------------------------|-----------------------------|---------------------------------|------------------------------|
| time | monday | tuesday | wednesday | thursday | friday | saturday | sunday |
| 6:15am | | bootcamp* 45 Erin | | bootcamp* 45 Erin | | | |
| 7:00am | | | yoga 60 Nadia | | | | |
| 7:15am | | | | | | yoga 60 Nadia | |
| 8:00am | | | | | | | yoga-lates 60 Millie |
| 8:30am | | | | | | tone & shape circuit 45 Anna | |
| 9:15am | tone & shape 45 Issy | firm & flex 45 Kathy | combat fit 45 Susanna | tone & shape 45 Issy | firm and flex 45 Kathy | | |
| 9:30am | | | | | | Metafit 30 Anna | |
| 10:15am | | | tone & shape 45 Susanna | | | | |
| 5:45pm | | core muscles 45 Georgie | | | | | |
| | body bar 45 Susanna | tone & shape 45 Anna | firm and flex 45 Kathy | core muscles 45 Vicky | | | |
| 6:30pm | yoga 60 Nadia | | | | pilates 45 Julia | | |
| 6:45pm | combat fit 45 Luc | metafit 30 Anna | combat fit 45 Tania | metafit 30 Anna | | | |
| AQUATIC CLASSES | | | | | | | |
| 8:00am | hydro blast (D) 45 Issy | hydro blast (D) 45 Kathy | hydro blast (D) 45 Susanna | hydro blast (D) 45 Issy | hydro blast (D) 45 Kathy | | |
| 9:15am | | | | | | | hydro blast (D) 45 Millie |
| 10:15am | hydro blast (D) 45 Issy | hydro blast (S) 45 Kathy | hydro blast (D) 45 Vicky | hydro blast (S) 45 Issy | hydro blast (D) 45 Kathy | | |
| 6:45pm | hydro blast (D) 45 Susanna | hydro HIIT (S) 45 Georgie | hydro HIIT (S) 45 Kathy | hydro blast (D) 45 Vicky | | | |
| STRENGTH FOR LIFE—Over 50's Class (pre-class assessment required) | | | | | | | |
| 7:00am | SFL 60 Paul | | | | | | |
| 9:00am | | SFL 60 Erin | SFL 60 Erin | SFL 60 Erin | SFL 60 Erin | SFL 60 Erin | |
| 10:15am | | SFL 60 Erin | | SFL 60 Erin | | SFL 60 Erin | |

ALL CLASSES CANCELLED (EXCEPT SFL) 01/04, 02/04, 08/04, 25/04

group fitness descriptions

hydroblast (s) - shallow water

a controlled, low-impact workout that will not strain the weight-bearing joints or the back. Easy-to-follow moves in shallow water, combining cardio, fat burning and total body toning. It is suitable for the beginner up to advanced participants.

hydroblast (d) - deep water

using the buoyancy belt, our deep water aqua-aerobics program provides a constant level of water resistance ideal for toning and sculpting the body. As there is no impact, the workout provides overall fitness, core strength and posture.

hydro H.I.I.T.

an energetic shallow water workout. 45 minutes of cardio, boxing, boot camp and interval training moves using the water as resistance. An effective way to get you fit and tones with the lowest possible impact on your body. Suitable for all ages and fitness levels.

yoga

a fantastic activity for unblocking energy channels. Will help activate your body and mind and give you posture that are proven to work each muscle, joint and ligaments in the body. It will also help stimulate and nourish every cell for optimum health.

pilates

build strength, flexibility and lean muscle tone with our Pilates class. You'll improve overall strength, realign your body and become more flexible while upgrading your core strength and aligning your spine into better posture.

yoga-lates

yoga and pilates fusion: Combining the best of both practices! We twist, flex, extend, perform movements on our back, front, side, all fours as well as incorporating inversions. Segments focus on activating the core muscles of the abdominals, buttock and lower back. There are also moments of reflection, gentle inspiration, working with the breath and meditation. A great way to start the day!

firm and flex

a class designed to improve your strength and flexibility incorporating Pilates style floor exercises.

core muscles

strengthen your core muscles that support and stabilise your spine, back and hips. Helps to improve posture whilst toning and increasing flexibility.

body bar

barbell resistance training at different tempos to give you an awesome cross training option. Shape up, tone up and feel great.

combat fit

improve your lean muscle gains and your cardiovascular fitness while punching and kicking your stresses away. Combat Fit classes are great for all ages and fitness levels in a fun and friendly environment.

resistance works

get your own personalised gym program in a group session to address poor posture, strength and conditioning imbalances to meet your personal fitness goals. Resistance Works will assist to build lean muscle mass and burn fat while you rest.

tone and shape

sculpt your body by alternating between upper and lower-body workouts, along with abs, back, waist and glute sections.

intensive boot camp

intensive training session that combines cardiovascular fitness with resistance and strength training. Participants will work individually as well as in teams as they run, jump, crawl and punch their way through 45 minutes of challenges. Please note that to participate in this class you must have completed a pre-assessment with our Health Club staff.

H.I.I.T (High Intensity Interval Training)

get your heart rate up with high intensity workouts done on interval times. High energy to increase your fitness, burn calories and get results!

Metafit

an intense H.I.I.T. style class focused on boosting fitness, increasing energy levels and getting results in a short amount of time through bodyweight exercises. Increase your body's fat burning ability and resting metabolic rate

strength for life

promoting strength training for over 50's. Age is no barrier in regaining your strength and balance. Please note that to participate in this class you must have completed a pre-assessment with our Health Club staff.

| admission | | | |
|---------------------|----------|--------------------------|----------|
| Casual Adult | \$21.00 | Casual Concession | \$17.00 |
| 30 Visit Pass Adult | \$504.00 | 30 Visit Pass Concession | \$408.00 |
| 10 Visit Pass Adult | \$189.00 | 10 Visit Concession | \$153.00 |
| FREE FOR MEMBERS | | | |