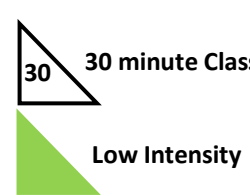
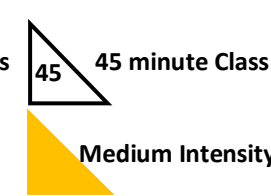
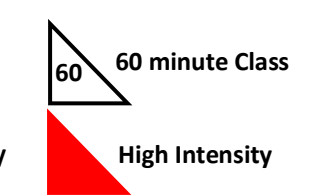





# group fitness timetable

1 October 2018—31 October 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	body bar 45 Susanna	tone & shape 45 Georgie	firm and flex 45 Kathy	core muscles 45 Vicky				
6:30pm	yoga 60 Nadia	core balance 45 Julia			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		

**OCTOBER CANCELLATIONS:**

- All Classes—01/140
- 9:15am Hydroblast (D) - 14/10
- 10:15am Hydroblast (D) - 22/10
- 6:45pm Hydroblast (D) - 18/10
- 6:30pm Pilates—19/10

# group fitness descriptions

## NEW CLASS : core balance

Challenge and improve your strength, coordination, and balance with this new pilates centred class. Using core pilates principles we will complete a series of fun and dynamic exercises that helps build core strength and balance and improve mind to body connection. A challenging class that is designed for all fitness levels.

## 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

## 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.

## 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
<b>FREE FOR MEMBERS</b>			