








GROUP FITNESS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.10am						BODYPUMP Alecia
9am	 Gym Staff		 Gym Staff		 Gym Staff	
9:30am	BODYPUMP Kate	WOD Kylie	BODYPUMP Kate	LES MILLS GRIT Jane	9:15am LES MILLS GRIT Alecia	
10:30am		 Debra				
10:45am	Gold Total Debra		Gold Total Debra			
5:30pm	BODYPUMP Jako	LES MILLS GRIT Karola	WOD Kylie	LES MILLS GRIT Jako		
6.05PM		 Bill		 Jako		
6.10PM		 Karola				

AQUA

	MON	TUE	WED	THU	FRI
9:30am	AQUA Debra	AQUA Debra	AQUA Debra		
7:00pm	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 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.

RPM™

Is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. RPM™ 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™

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.

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