

GROUP EXERCISE TIMETABLE

Starts 3rd February 2020

Cycle and RPM 23 participants. Body Pump 35 participants. CXWORX 35 participants.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:10am						BODYPUMP Alecia
9:15am	LES MILLS GRIT Kate		LES MILLS GRIT Kylie			SUNDAY LES MILLS BODYATTACK 9am Kylie
9:30am		BODYPUMP Kate		BODYPUMP Kate	BODYATTACK Kylie	
9:45am	LES MILLS BODYCOMBAT Tash		CXWORX Karola			
10:30am		BODYBALANCE Debra		LES MILLS BODYCOMBAT Kylie	BODYBALANCE Debra/Tash	
10:45am	Gold Total Robyn		Gold Total Carmela	Gentle Exercise Claudia		
5pm	BODYATTACK Karola 30min		LES MILLS BODYCOMBAT Alecia			
5:30pm	BODYPUMP Jako	LES MILLS GRIT Karola	BODYPUMP Alecia	LES MILLS GRIT Jako	LES MILLS GRIT Kylie	
6:30PM	CXWORX Jako	BODYBALANCE 6pm Karola	BODYATTACK Kylie	CXWORX Karola 6pm		
7:00pm						

AQUA

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

CYCLE STUDIO

	MON	TUE	WED	THUR	FRI
5:30pm					
6pm		<i>sprint</i> Bill		RPM Jako	

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 Strength

Get the power of personal training with the motivation of a team in this 30 minute workout designed to get you super fit super fast. Use barbells, plates and benches to blast all major muscle groups leaving your muscles lean and your metabolism in overdrive.

CXWORX

Based on cutting edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and 'slings' connecting the upper and lower body, this workout will leave you looking good and feeling strong

Body Balance

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.

Body Combat

Keep your eyes on the prize and explore 10 rounds of authentic martial arts movements to music. Jump to the amazing soundtrack with a full array of punches and kicks from a variety of combat arts. The main event includes focus on technique to get muscles ready for full action. Athleticism. Dynamics. The challenge is there for the taking. Are you in?

Body Pump

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.

Body Attack

Is a high intensity interval workout combining simple athletic moves and advanced strength work with great music. Low intensity options cater for all fitness levels. Body Attack will improve your cardiovascular fitness and co-ordination while burning calories at a fast and furious rate! If you are looking for inspiration and athleticism, this class is for you.

RPM

A 45 min indoor cycling class that has a great fat burning effect and will improve cardio fitness fast and is a great endurance builder

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