

# GROUP EXERCISE TIMETABLE

## Whitlam Leisure Centre

Starts 23<sup>rd</sup> MARCH 2020

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:10am						<b>BODYPUMP</b> Alecia
9:15am			<b>LES MILLS GRIT</b> Kylie			<b>SUNDAY</b> <b>LES MILLS BODYATTACK</b> 9am Kylie
9:30am	<b>NEW LES MILLS GRIT</b> <b>BODYATTACK</b> Kate/Julie	<b>BODYPUMP</b> Kate		<b>BODYPUMP</b> Kate	<b>BODYATTACK</b> Kylie	
9:45am			<b>CXWORX</b> Karola	<b>NEW RPM</b> Dao		
10:30am		<b>BODYBALANCE</b> Debra			<b>BODYBALANCE</b> Debra	
10:45am	<b>Gold Total</b> Robyn		<b>Gold Total</b> Carmela	<b>Gold Total</b> Claudia		
5pm	<b>BODYATTACK</b> Karola 30min		<b>NEW BODYATTACK</b> Kylie 30min			
5:30pm	<b>BODYPUMP</b> Jako	<b>LES MILLS GRIT</b> Karola	<b>BODYPUMP</b> Alecia	<b>LES MILLS GRIT</b> Jako	<b>LES MILLS GRIT</b> Kylie	
6PM		<b>BODYBALANCE</b> Charry		<b>NEW BODYBALANCE</b> Karola		
6.30pm	<b>CXWORX</b> Jako					

### AQUA

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

### CYCLE STUDIO

	MON	TUE	WED	THUR	FRI
10.30am				<b>NEW RPM</b> Dao	
6pm		sprint Bill		<b>RPM</b> Jako	
6.30pm					

### **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.

### **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