

# Group Fitness Timetable

Starting Monday 5 March 2018



## LAfit

### **BODYPUMP** 30/45/60 mins

Tone, sculpt and strengthen your body with this barbell class which focuses on low weight and high reps for a total body workout.

### **BODYPUMP /CX** 50 mins

Combination class of two highly effective body conditioning workouts.

### **CX WORX** 30 mins

The collection of muscles within the core stabilises and moves the spine and this workout strengthens these important muscles.

### **BOX-FIT** 30/45 mins

A fat burning cardio, strength and toning workout through boxing combos, cardio drills and specific boxing exercises.

### **KETTLEBELL** 50 mins

Cardio and full body strengthening workout which leads to increased strength, endurance and toning. This kettlebell workout also strengthens ligaments and tendons for injury prevention.

### **MET-CON** 45 mins

A high intensity full body strength and cardio conditioning workout designed for strength gain, burning fat and building muscle.

### **HIIT** 30 mins

High Intensity Interval Training is a very high intensity program designed to push participants to their maximum cardio, strength and endurance limits.

### **PILATES** 45/50 mins

Body toning class which combines breathing techniques with key muscle movements to improve core strength, flexibility and overall well-being.

### **YOGA** 45/50 mins

A mind-body workout which improves flexibility, cardio and circulatory health, increases muscle and ligament strength resulting in toning and protection from injury.

## Cycle Studio

### **RPM/SPIN** 30/45 mins

Interval based cycling workouts which improves cardio fitness; burns fat; tones the lower body; increases leg strength and muscular endurance without adding bulk.

## Aquatic Classes

### **AQ-FIT** 45 mins

A fun aerobic total body workout which builds cardio stamina, increases circulation and flexibility with the benefit of less impact on joints, muscles and bones.

### **AQ-GENTLE** 40 mins, Programs Pool

A gentle, supportive class suitable for all fitness levels and designed specifically for older adults to unload joints and increase the range of movement, balance and mobility.

Our timetable is created and structured to provide members with the option to take classes consecutively.

Speak with our Fitness Trainers to develop a schedule which will help deliver the results you're aiming for.

Call 03 6323 3636 to arrange a time.

## Opening Hours

Mon to Fri – 6am to 8pm

Weekends and Public Holidays – 8am to 6pm

## Off-Peak hours

Mon to Fri – 9am to 3pm

Weekends – 8am to 6pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	SPIN	<b>LES MILLS BODYPUMP</b> 30 min	BOX-FIT 30 min	<b>LES MILLS BODYPUMP</b> 60 min	MET-CON		
	HIIT	<b>LES MILLS RPM</b>			<b>LES MILLS RPM</b>		
6:45am		<b>LES MILLS CXWORX</b> 30 min	<b>LES MILLS RPM</b>				
8:15am							<b>LES MILLS RPM</b>
9:15am	YOGA	PILATES	<b>LES MILLS BODYPUMP/CXWORX</b> 50 min	YOGA	PILATES	<b>LES MILLS BODYPUMP</b> 60 min	
	SPIN			<b>LES MILLS RPM</b>			
	AQ-GENTLE	AQ-GENTLE	AQ-FIT	AQ-GENTLE Outdoor	AQ-FIT	AQ-FIT	
10:15am	KETTLEBELL	KETTLEBELL	KETTLEBELL	KETTLEBELL	KETTLEBELL	New PILATES	
	AQ-GENTLE	AQ-FIT	AQ-GENTLE	AQ-GENTLE	AQ-GENTLE		
11:15am	AQ-FIT						
	PILATES	PILATES	PILATES	PILATES	PILATES		
11:40am				AQ-GENTLE (programs pool)			
12:15pm	PILATES		New YOGA	<b>LES MILLS BODYPUMP</b> 30 min		AQ-GENTLE (programs pool)	
12:45 pm				<b>LES MILLS CXWORX</b> 30 min			
1:00pm	AQ-GENTLE (programs pool)		PILATES				
2:00 pm	AQ-GENTLE (programs pool)						
5:30pm	<b>LES MILLS BODYPUMP</b> 30 min	PILATES 45 min	<b>LES MILLS BODYPUMP</b> 30 min	YOGA 45 min			
			<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>			
5:45pm	SPIN					Please note timetable changes may occur at any time. All classes have a fixed number of participants to ensure your safety and enjoyment. Book early to avoid disappointment.	
6:00pm	<b>LES MILLS CXWORX</b> 30 min		<b>LES MILLS CXWORX</b> 30 min				
6:20pm		MET-CON		MET-CON			
6:30pm	BOX-FIT 30 min	AQ-FIT		AQ-FIT			