

Group Fitness WINTER Timetable

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00 AM		Maryanne 30' meta		Maryanne 45' BODYCOMBAT			
6.30		Maryanne 30' LES MILLS EXWORX					
8.30	Julie HEARTMOVES	Lyn HEARTMOVES Strength	Lyn HEARTMOVES 8.15am	Elise 45' BODYBALANCE	Lyn HEARTMOVES	Maryanne BODYPUMP	
9.30	Jen BODYPUMP	Nic BODYCOMBAT	Maryanne 30' meta PWR	Maryanne BODYPUMP	Lisa 30' LES MILLS BODYATTACK	Jen BODYCOMBAT	9.00am BODYPUMP
10.00			Maryanne 30' LES MILLS EXWORX		Lisa 30' meta PWR		
10.30	Nic 45' LES MILLS BODYATTACK	Josh 30' LES MILLS EXWORX	Jen BODYPUMP	Maryanne 30' meta PWR	Nic BODYCOMBAT	Julie BODYBALANCE	
11.00		Josh 30' STRETCH		Josh 30' STRETCH			
11.30	Julie BODYBALANCE	Megan ZUMBA gold	Elise PILATES	Megan ZUMBA gold	Julie YOGA		
12.30	Live Stronger Live Longer		Live Stronger Live Longer		Live Stronger Live Longer		
4.30 PM	Maryanne 30' meta PWR	Josh 30' STRETCH	Pussycat CIRCUIT		Josh 45' rpm	<p>Timetable changes – 30' = 30min class 45' = 45min class All classes on the timetable are included in your membership. No booking for classes, first come basis.</p>	
5.00	Maryanne 30' LES MILLS EXWORX	Lisa 30' LES MILLS BODYATTACK		Megan BODYPUMP			
5.30	Maryanne BODYPUMP	Lisa 30' meta PWR	Jen BODYCOMBAT				
6.00		Julia 30' LES MILLS EXWORX		Nic 45' LES MILLS BODYATTACK			
6.30	Maryanne 45' BODYCOMBAT	Megan BODYPUMP					
7.00							

Timetable will be revised for 26th August

TIME	MON	TUE	WED	THURS	FRI	SAT
8.30 AM						Julia 30' LES MILLS RPM EXPRESS
9.00					Josh 30' LES MILLS EXWORX	Julia 30' LES MILLS EXWORX
9.30			Jen 30' LES MILLS RPM EXPRESS			
10.00	Josh 30' LES MILLS EXWORX					
4.30 PM					Josh 45' rpm	
5.30	Amanda YOGA	Julia 30' LES MILLS RPM EXPRESS	Amanda YOGA			
6.30						



The most successful group fitness program in history, Les Mills **BODYPUMP®** is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch. Les Mills **BODYPUMP®** is proven to be "the world's fastest way to get in shape" by research which has confirmed higher than expected fat-burning effects alongside endurance, strength and "wellness" benefits.



Explosively popular in clubs around the world, **BODYCOMBAT®** combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo into an hour-long energetic routine. Music and pre-choreography create a fierce, energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.



BODYBALANCE® is a revolution in mind-body training. A dynamic, fitness-to-music program that leaves you feeling relaxed and renewed, **BODYBALANCE®** combines the best of eastern disciplines, like yoga and tai chi, with popular new methods such as Pilates. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.



RPM™ is an indoor cycling program designed to develop cardiovascular capacity. Burning up to 800 calories in one 45-minute session, **RPM™** is a favourite of those wanting to reduce body fat. Known to devotees and Les Mills choreographers as "the rock concert on wheels", **RPM™** incorporates the best of biking choreography and great music. It provides a fast improvement in general endurance and an increase in lower body strength.



BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new **BODYATTACK™** class is released every three months with new music and choreography



30 minutes of **Les Mills CXWORX** is all you'll need to give your core a challenging workout that features a mix of isolation exercises (like crunches or leg extensions) that target specific muscles & integrated moves that use two or more muscle groups together. Based on cutting edge scientific research, **CXWORX**, is the ultimate way to get a tight & toned core. With dynamic training that hones in on your abs, glutes, back, obliques & "slings" connecting the upper & lower body, this workout will leave you looking & feeling strong.



LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. **LES MILLS GRIT** Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast. **GRIT** is run in 6 week blocks, 2 times a week. Join the next 6 week block now!! Cost is \$120.00 for 6 weeks. **Enquire at reception for the next series release!**



MetaPWR (MetaPower) is a thirty minute circuit class that combines resistance and bodyweight exercises to target and develop strength, power, agility, and cardiovascular efficiency. **MetaPWR** develops strength and power not from 'traditional' gym strength training, but by carefully selecting equipment that will offer both resistance and explosive/ballistic exercises. Combining this with plyometric and non-plyometric bodyweight exercises promotes muscle adaption and growth, heightens your metabolic rate, and helps burn body fat. The use of weighted equipment also helps with bone density.



Dedicating an hour or two of your day to exercise isn't always an option. Sometimes things are just too busy, the day is just too short and your motivation too lacking. If this is the case, you don't need to abandon exercise all together – 30 minutes is all you need. We offer a number of 30 minute express workouts in a number of programs for you. A 30min workout is also a great way if you are a beginner to try a class!



When it comes to motivation, your brain is a mysterious creature. One minute you're pumped, full of enthusiasm. A few weeks later the excuses start to creep in, and before you know it you haven't been to the gym all week. **SMART START** is a beginners plan for fitness that is based on scientific research. Ask at reception for a smart start plan.

**Live Stronger
Live Longer**

Live Stronger Live Longer is a senior's strength training program. Strength training will help you if relate to any of the following:

- difficulty walking long distances or climbing stairs
- getting tired quickly & lack in energy
- suffer from arthritis, diabetes, or osteoporosis
- have difficulty lifting things during your daily tasks
- you prone to falling

If you answered yes to any of the following, **Live Stronger Live Longer** can work for you!



HEARTMOVES is a great way of getting started back into exercise again, or starting for the first time and the trained leaders will show you how to complete easy and enjoyable exercises which don't strain your body. All sessions are supervised by the trained leaders, and are lots of fun. **HEARTMOVES** programs are ideal for people who are managing lifelong health conditions such as heart problems and diabetes, arthritis, lung and chest conditions, as well as those with risk factors such as high blood pressure, high cholesterol, overweight, depression, etc. Programs are specifically designed to be safe for people with these types of health conditions and the trained and accredited leaders operate within a set of safety guidelines.



Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreated the original dance moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination

CRECHE :

Morning sessions -

Monday - Friday

Saturday

Evening sessions

Monday, Tuesday & Wednesday 4.30pm - 7.30pm

\$3.00 PER CHILD

Bookings are essential for all sessions

9am - 10.30am & 10.30am - 12.00pm

8.30am - 9.30am, 9.30am - 10.30am & 10.30am - 11.30am