

# GROUP FITNESS TIMETABLE

STUDIO 1							
DAY / TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00 AM	YOGA - GENTLE FLOW	BODYPUMP	BODYBALANCE VIRTUAL	LM CORE	BODYCOMBAT VIRTUAL		
7.00 AM	LM CORE VIRTUAL	BODYBALANCE VIRTUAL	BODYPUMP VIRTUAL	BODYCOMBAT VIRTUAL	BODYPUMP VIRTUAL		
8.30 AM						BODYPUMP	BODYATTACK
9.30 AM	BODYPUMP	BODYCOMBAT	BODYSTEP	BODYATTACK	BODYPUMP	BODYCOMBAT	BODYSTEP
10.30 AM	BODYBALANCE	SH'BAM	BODYPUMP	POP YOGA	LM CORE	SH'BAM VIRTUAL	MAT PILATES
11.30 AM	ACTIVE ADULTS	LM CORE VIRTUAL	YOGA - GENTLE FLOW	YOGA - ALL ACCESS	ZUMBA	YOGA - VINYASA	BODYBALANCE VIRTUAL
12.30 PM	BODYCOMBAT VIRTUAL	BODYPUMP VIRTUAL	ACTIVE ADULTS	BODYCOMBAT VIRTUAL			
5:30 PM	BODYPUMP	BODYCOMBAT 30 VIRTUAL	LM CORE 30 VIRTUAL	BODYPUMP 30 VIRTUAL	BODYBALANCE 30 VIRTUAL		
6.00 PM		BODYPUMP	BODYATTACK	BODYSTEP	ZUMBA		
6:30 PM	BODYCOMBAT						
7.00 PM		BODYATTACK	BODYPUMP	BODYCOMBAT	YOGA - HATHA		
7:15 PM	SH'BAM						
8:00 PM	BODYBALANCE	YOGA - GENTLE FLOW	YOGA - GENTLE FLOW	LM CORE VIRTUAL			

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## STUDIO 2

DAY / TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
8.30 AM		REFORMER		REFORMER		REFORMER	REFORMER
9.30 AM	REFORMER	REFORMER	BODYBALANCE	REFORMER	MAT PILATES	REFORMER	REFORMER
10.30 AM	REFORMER	YOGA -VINYASA	REFORMER		REFORMER		
11.30 AM			REFORMER		ACTIVE ADULTS		
6.00 PM	REFORMER	REFORMER	REFORMER	MAT PILATES	REFORMER		
7.00 PM	MAT PILATES	REFORMER	MAT PILATES	REFORMER	REFORMER		

## AQUA

DAY / TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
8.30 AM		AQUA	AQUA WARM	AQUA	AQUA		
9.30 AM	AQUA	AQUA WARM		AQUA	AQUA WARM		
10.30 AM	AQUA		AQUA	AQUA			
11.30 AM	AQUA WARM		AQUA WARM				
6.00 PM	AQUA		AQUA				
7.00 PM		AQUA WARM					



# GROUP FITNESS TIMETABLE

CYCLE STUDIO							
DAY / TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00 AM	RPM		CYCLE		SPRINT		
8.30 AM						RPM	
9.30 AM	CYCLE	CYCLE	RPM	CYCLE			RPM
6.00 PM			CYCLE				
6:30 PM	RPM						
7.00 PM		RPM		SPRINT			

COACHING ZONE							
	MON	TUE	WED	THUR	FRI	SAT	SUN
6am	Afterburn	Energise	Lean	Energise	Adrenaline		
8am						Energise	
9am						Endurance	
9.30am	Energise	Afterburn	Energise	Adrenaline	Strong		
5.30pm	Energise	Lean	Afterburn	Energise			
6:30pm	Afterburn	Energise	Strong	Lean			

Coaching Zone available with a GOLD Membership

\*Please note, timetable is subject to change and may be impacted by COVID-19 restrictions and capacity.



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## CLASS DESCRIPTIONS

**BODYATTACK®** - BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats - challenging your limits in a good way, burning up to 555 calories\*\* and leaving you with a sense of achievement.

**BODYBALANCE®** - Ideal for anyone and everyone, BODYBALANCE® is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE® an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of tai chi and Pilates. You'll strengthen your entire body and leave the class feeling calm, centred and happy. Please BYO Mat.

**BODYCOMBAT®** - This high-energy martial arts-inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ. Step into a BODYCOMBAT® workout and you'll punch and kick your way to fitness, burning up to 570 calories\*\* along the way.

**BODYPUMP®** - BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout, burn calories, shape and tone your entire body, increase core strength and improve bone health. It will burn up to 400 calories.

**BODYSTEP®** - Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP® – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP® workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's heaps of options so that everyone leaves feeling successful. You can burn up to 540 calories\*\* and you'll leave buzzing with satisfaction.

**LES MILLS CORE™** - LES MILLS CORE™ is designed to increase core strength, tone your abs, butt, and legs and improve your posture. LES MILLS CORE builds lean muscle mass in your core, so it increases your body's ability to burn calories during power, strength and high-intensity exercise. Research shows LES MILLS CORE can also help you run faster and more efficiently. All moves in LM CORE™ have options, so it's challenging but achievable for your own level of fitness.

**SH'BAM™** - A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. Your instructor will guide you through simple (yet sassy) dance moves, all set to a party playlist. The idea is to let loose and simply dance your butt off. Chances are you'll be having too much fun to notice how hard you're working. But rest assured, you'll be getting a killer workout and burning a surprising number of calories while you're at it.

**Zumba®** - Zumba® combines Latin and international music with simple dance moves. Zumba® routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.



# GROUP FITNESS TIMETABLE

**POP YOGA** - The ancient art of yoga with a modern twist. A POP YOGA class incorporates classical yoga poses (asana) sequenced to a themed pop playlist. Creative adaptations and transitions match the music and the theme. POP YOGA is respectful of the ancient traditions and wisdoms of yoga, but adds a contemporary element. With a killer soundtrack of carefully selected tunes, you will be stretching, toning and strengthening your body, mind and spirit in all manner of creative ways. Please BYO Mat.

**MAT PILATES**- Mat Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. These exercises help strengthen the body's core by developing pelvic and scapula stability, and abdominal control, using focused breathing patterns. Please BYO Mat

**Reformer Pilates** - Reformer Pilates combines the traditional principals and movements of Mat Pilates with a Reformer machine. This machine contains a foot bar, carriage, pulleys, and five springs of varying tension that can be adjusted to suit your fitness level or needs. Reformer class will strengthen and lengthen your entire body.

**Active Adults** – These classes that focus on getting every-BODY moving and will cater to those with arthritis or ailment that restrict range of movement. The classes build strength (we use the bands, light weights or bodyweight), balance, coordination and flexibility. Not only a great workout but loads of fun! We encourage everyone to move at their own pace and do what works for them.

**RPM™** - A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session\*\*. In an RPM™ workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

**SPRINT™** - A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The 30 minutes you put into a SPRINT 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. The payoff? You smash your fitness goals, fast.

**CYCLE** - An outdoor cycle simulation brought indoors away from the elements. A challenging and motivating class that allows you to be in control of your workout. Be ready for a fun cycle experience with a killer soundtrack. These classes utilize the Coach By Colour® Technology, state of the art bikes that allow you to monitor your training zones through a simple colour index so it's easy to follow the instructor and your workout at your own level while enjoying the group energy and great music

**AQUA** -Aqua is a low impact, intermediate full body workout, improving your cardio, strength, endurance, posture and flexibility all at the same time. This pool-based workout gets muscles working against the resistance of the water; elevating the heart rate and burning calories. Suitable for all fitness levels.

**AQUA WARM** - These classes can help relieve muscular aches and pains, increase blood flow to muscles and joints, improve flexibility and promote relaxation. Perfect for rehab, treating injuries or relaxing. The buoyancy of the water supports the body, taking the weight off inflamed and painful joints. AQUA WARM is a fun gentle warm water class. Designed and catering for beginners and pre/post-natal. Classes are social, gentle and conducted in a comfortable and safe environment. This class is run in our Warm Water Pool.



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**YOGA – SLOW FLOW** - Slow Flow focusses on connecting postures with breath and fluid movements in a well-rounded practice. With a slower pace, there's time to explore individual postures so that new students can build confidence and familiarity, while more experienced students can refine their alignment and explore more subtle sensations in the body. Please BYO Mat.

**YOGA – HATHA** - Hatha technically encompasses all of the physical yoga styles, the asana practice. The word Hatha can translate to “ha” the sun and “tha” the moon, two opposing energies coming together to balance as one and that is what you can expect from a Hatha Yoga class; a balance of two energies merging into one, a practice balanced in strength and softness, leaving you feeling complete. Suitable for all levels of fitness. Please BYO Mat.

**YOGA – VINYASA** - Vinyasa yoga is a style which synchronises movement and breath; the poses are linked in a flowing sequence which resembles a dance. The breath becomes important as sequences are united by an inhalation or an exhalation. Vinyasa is literally translated from Sanskrit as meaning “connection.” Vinyasa yoga is considerably more movement based than practices like hatha and yin. Please BYO Mat.

**YOGA - All Access** - These Yoga Classes are good for anyone who feels less flexible, are recovering from surgery or an accident, feel that they need an easier and slower yoga class. Classes still include practice for strength, balance, flexibility & yoga breathing exercises. You will leave the class, feeling you got a good workout for your current ability. Accommodations for those who might not be able to get onto floor or put pressure on hands or wrists this class is designed cater to everyone. Please BYO Mat.

**Virtual Fitness Classes** – These classes are conducted in Studio 1 and our Cycle Studio. Classes are conducted with a virtual instructor. You get the same workout as you would with a ‘live’ instructor led class except your instructors is on the big screen. The sound is the same. The classes are the same.

## COACHING ZONE

**ACTIVATE** - The perfect place to start – our foundation class. You'll learn how use equipment, the foundations of movement, allowing you to build confidence and become educated with your new training routine. You'll walk away knowing how to train at the correct intensity for your goals, fitness level and training ability. It's all about feeling good and prepped to start your fitness journey.

**ADRENALINE** - Adrenaline is all about challenging your fitness and taking your training to the next level. After your 10 minute warm up you will work with your team to complete 4 minute high intensity training periods followed by rest periods of 1 minute. These sessions are designed to provide endurance, conditioning and strength whilst giving your body a full body workout designed to strip fat. If you're looking to take your training to the next level then this session is for you.

**AFTERBURN** - The ultimate fat burning workout! This session utilises bursts of high intensity training followed by period of rest, where coaches will focus on your heart rate recovery to maximise your results. A scientifically proven training method which will allow your body to become a fat burning machine for up to 38 hours post workout.



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**ENDURANCE** - The best session to increase your fitness levels. Endurance, a heart rate focused workout designed to increase cardio fitness and muscle endurance. Your coach will guide you through 8 exercises over 45 minutes whilst monitoring your heart rate. The aim is to improve cardiovascular fitness so you will be able to recover faster and perform better.

**ENERGISE** - Energise is the session for all fitness levels, and the perfect place to get into a training routine and build confidence. This session is about training at your intensity and fitness level. Two teams will be formed and they will interchange between 6 minute segments of cardio and strength training. The Coach will monitor your personal intensity level during your workout with our Myzone heart rate technology.

**LEAN** - Lean is designed to complement your strength training, improve technique and strip body fat. It is a fast-paced, blood-pumping session focused on isolating and toning key muscle groups while improving stamina. A guided warm up and cool down is included in each session, ensuring your muscles are given the care they need to perform to their full potential. Lean is the ultimate challenge for both the body and mind, ideal for those wanting to push further.

**HIIT** - Your coach will guide you through a series of full body exercises to take your fitness to the next level. HIIT training has been scientifically proven to be one of the most effective ways to increase fitness levels and burn fat fast. Your coach will ensure correct technique is followed and provide motivation throughout your workout.

**SHRED** - Shred is the best place for combining fat burning, muscle toning and confidence building in one fast paced and exciting workout! For 45 minutes we will be taking your body through some intense phases of Strength training focused on sculpting your physique, then we challenge your cardio and muscular endurance with a series of tough but fun AMRAPs (as many rounds as possible) to keep you sweating, laughing and coming back for more!

**STRONG** - Learn correct form, technique and cues in a weight based group training workout designed to help with power, strength and stability. This workout is designed to give you strong lean muscles that will help your body look toned and defined. During the workout you will also learn to warm up and cool down correctly to minimise injury risk and improve post workout recovery. If you're looking to LIFT your fitness game then this is the workout for you.

**MAXIMISE** - Maximise is designed to raise your cardio and strength levels to the 'max'. It is a fast paced, high cardio session intertwined with compound strength exercises to get your heart racing and multiple muscle groups simultaneously working. Raise your fitness to its max. Maximise. The ultimate fitness test, guaranteeing maximum effort and maximum fun.