



| GROUP FITNESS ROOM | | | | | | | |
|--|-----------------------|------------------------------|---------------------|-----------------------------------|------------------------------|-------------------------------|------------------------------|
| TIME | MON | TUES | WED | THUR | FRI | SAT | SUN |
| 6.00AM | ADRENALINEHIT | LES MILLS BODYPUMP | CARDIO COMBO | | metafit HIT TRAINING SHREDIT | | |
| 8.00AM | | | | | | LES MILLS BODYATTACK | LES MILLS BODYPUMP |
| 9.15AM | LES MILLS BODYSTEP | LES MILLS BODYATTACK | LES MILLS BODYPUMP | metafit HIT TRAINING CARDIO COMBO | LES MILLS BODYCOMBAT | LES MILLS BODYPUMP | metafit HIT TRAINING SHREDIT |
| 10.20AM | LES MILLS BODYPUMP | LES MILLS SH'BAM | DYNAMIC YOGA | LES MILLS BODYBALANCE | LES MILLS BODYPUMP | metafit HIT TRAINING ABSBLAST | LES MILLS SH'BAM |
| 10.50AM | | | | | | | |
| 11.20AM | LES MILLS BODYBALANCE | | LES MILLS BODYVIVE | | LES MILLS BODYVIVE | ZUMBA FITNESS | |
| 12.30PM | LES MILLS CXWORX 30 | CARDIO BOXING 30 | | GENTLE EXERCISE | | | |
| 2.00PM | | | | | | | DYNAMIC YOGA 90 min |
| 4.00PM | | | | | | LES MILLS BODYBALANCE | |
| 5.00PM | | | | metafit HIT TRAINING 30 | | | |
| 5.30PM | CARDIO BOXING | LES MILLS BODYPUMP | LES MILLS BODYSTEP | LES MILLS BODYPUMP | LES MILLS SH'BAM | | |
| 6.30PM | LES MILLS BODYATTACK | metafit HIT TRAINING SHREDIT | CARDIO BOXING | LES MILLS BODYATTACK | LES MILLS BODYPUMP | | |
| 7.30PM | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT | LES MILLS CXWORX 30 | DYNAMIC YOGA 90 min | | | |
| 8.00PM | | | LES MILLS BODYPUMP | | | | |
| 8.30PM | | LES MILLS BODYBALANCE | | | | | |
| RPM STUDIO | | | | | | | |
| 6.00AM | | | | LES MILLS RPM | | | |
| 9.00AM | | | | | | LES MILLS RPM => | |
| 9.15AM | LES MILLS RPM | | | | LES MILLS RPM | | |
| 10.20AM | | | LES MILLS RPM | | | | LES MILLS RPM |
| 6.30PM | LES MILLS RPM | | LES MILLS RPM | | | | |
| 7.30PM | | LES MILLS RPM | | SPIN | | | |
| MAIN POOL | | | | | | | |
| 9.30AM | AQUA | | AQUA | | | | |
| 10.20AM | | | | | GENTLE WATER WORKOUT | | |
| 10.30AM | | AQUA | | | | | |
| 11.00AM | GENTLE WATER WORKOUT | | | AQUA | | | |
| 11.30AM | | AQUA | | | | | |
| 12.15PM | | | | AQUA | | | |
| 7.15PM | | AQUA | | AQUA | | | |
| HEALTH CLUB/SMALL GROUP FITNESS & PROGRAM ROOM | | | | | | | |
| 8.05AM | | | | | | ADRENALINEHIT | |
| 8.30am | | | | | | RUN CLUB | |
| 9.00AM | | HIIT 30 | | | | | |
| 9.15AM | | SUPPORT TRAINING | ADRENALINEHIT | | | | YOGA |
| 10.00AM | | SENIORS STRENGTH TRAINING | | SUPPORT TRAINING | | | |
| 11.00AM | | | | SENIORS STRENGTH TRAINING | | | |
| 1.00PM | | | SUPPORT TRAINING | | | | |
| 5.00PM | 15MIN ABSBLAST | | | 15MIN ABSBLAST | | | |
| 5.30PM | | | ADRENALINEHIT | Battle Ab 30mins | | | |



| CLASS DESCRIPTION | | | | | |
|--|--|----------------------|---------------------------|--------------------|--------------------------|
| LES MILLS BODYATTACK | BodyAttack - Be Unstoppable BodyAttack is a high energy, sports-inspired cardio workout incorporating the latest music. Attack will improve fitness and burn calories through a fun and exciting mixed impact, interval training routine. | | | | |
| LES MILLS BODYBALANCE | BodyBalance - Feel Balanced A Yoga, Tai Chi and Pilates inspired workout that allows you to feel strong, calm and centered. BodyBalance will improve your joint flexibility and range of motion, tone and shape your body and enhance your mental wellbeing. | | | | |
| LES MILLS BODYCOMBAT | BodyCombat - Unleash Your Strength BodyCombat is a challenging mix of martial arts, boxing and endurance. This fiercely energetic program will improve your fitness, help you to burn calories and tone your body whilst leaving you feeling inspired and empowered! | | | | |
| LES MILLS BODYPUMP | BodyPump - Be Strong BodyPump is an intense, low impact weights based, resistance training class designed to give your body a complete workout. Pump will build strength, tone your body and push you to the limit every time! | | | | |
| LES MILLS BODYSTEP | BodyStep - Feel Alive An athletic step workout, designed to burn calories & tone muscle fast, whilst improving endurance, agility and coordination. This class will make you feel alive! | | | | |
| LES MILLS BODYVIVE | BodyVive - Feel Revived A low impact workout for your whole body that will get your core working harder for a leaner, stronger you. This class will enable you to feel an increased sense of energy and reduced stress. | | | | |
| LES MILLS CXWORX | CXWorx - 30 Minute Revolutionary Core Training Based on cutting edge scientific research this challenging 30 minute moderate to high intensity, personal training inspired workout will have you powering up your core strength, while tightening and toning your core! | | | | |
| LES MILLS RPM | RPM - Ride Hard Discover your athlete within, with this high intensity, indoor cycling program. This interval training class will get your pulse racing as the instructor leads the pack through hills, flats, mountain peaks and speed. | | | | |
| LES MILLS SH'BAM | Sh'Bam - Free Yourself Cut loose to the hottest new tracks, with the hottest new dance moves, in a simple but fun choreographed class. Sh'Bam will burn calories and improve your coordination, setting free the superstar within. | | | | |
| metafit HIT TRAINING | Metafit Metafit is a High Intensity Training bodyweight workout that will help you burn extra calories, even after the class has finished! | | | | |
| ZUMBA FITNESS | Zumba This worldwide craze of Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind dance fitness program. | | | | |
| AQUA | Aqua Aqua Aerobics is a high energy, low impact water based exercise program enabling you to work hard with maximum resistance and minimal risk of injury. Make a splash, whilst getting fit! | | | | |
| GENTLE WATER WORKOUT | Gentle Water Workout This low impact class is designed for those with injuries or conditions such as arthritis, back pain or joint problems. This class is great for rehabilitation purposes and for participants wanting to get active in a low impact class. | | | | |
| BOXING CIRCUIT | Boxing Circuit Boxercise is a hardcore, action packed, non contact boxing program incorporating cardio and core work. Please note: All participants must bring their own gloves due to hygiene reasons. | | | | |
| CARDIO COMBO | Cardio Combo A dynamic freestyle class, Cardio Combo includes freestyle aerobics, weight and core work designed to push you to a new level! Cardio Combo will enable you to sculpt and shape your body, improve coordination and agility! | | | | |
| GENTLE EXERCISE | Gentle Exercise A low to moderate intensity workout incorporating gentle aerobic movements, weight-bearing or resistance exercise. | | | | |
| YOGA | Yoga A relaxing class, great for refreshing the mind, body and spirit, Yoga will help improve flexibility and balance. This class is Gita Style Hatha Yoga. Yoga for the 21st Century. | | | | |
| DYNAMIC YOGA | Dynamic Yoga A dynamic yoga class, great for refreshing the mind, body and spirit, Yoga will help improve flexibility and balance. | | | | |
| SHRED IT | Shred It (H.I.I.T) Shred It is the fastest way to get results! A Challenging High Intensity Interval Training class, mixing strength, cardio and plyometric together. If you are looking for a new challenge, Shred It is for you! | | | | |
| SPIN | Spin Spin is an explosive freestyle cycle class designed to enhance your endurance, burn calories and tone your body, through a hardcore session of indoor cycling. You will be riding longer, resting less and racing your way to fitness! | | | | |
| SENIORS STRENGTH TRAINING | Senior Strength Training Classes are designed specifically for seniors who require assistance with strength training. These sessions are run by a senior strength fitness professional in the Health Club who will oversee safe and effective programming. | | | | |
| SUPPORT TRAINING | Support Training . For those referred from an allied health professional or require specific support with training. Structured programs are overseen by our personal trainer during this session. | | | | |
| ABSBLAST | Abs Blast 30 minute abdominal training. | | | | |
| HIIT 30 | 30 minute express High Intensity Interval training Circuit. Suitable for those that want a quick, effective workout in minimal time. | | | | |
| RUN CLUB | Learn to run program will be conducted over 10 weeks including running drills and a progressive increase in waking/running distances to help a new participant feel confident in running . No longer than 5 km run. | | | | |
| ADRENALINE HIT | AdrenalineHIT Adrenaline High Intensity Training (HIT) is an innovative functional fitness program designed to improve strength and conditioning in a focused, fun and social environment. | | | | |
| Battle Abs 30mins | BattleAbs 30 minute session combining Battle Ropes and core exercise. May be a suitable option for people with lower limb injuries. | | | | |
| 30 minutes 30 | 45 minutes 45 | 55 minutes 55 | 90 minutes 90 mins | Challenge ⇄ | Family Friendly ☺ |
| CLASS COSTS | | | | | |
| Group Fitness - Standard casual entry to any Group Fitness class is \$14.80 | | | | | |
| Seniors / Pryme - Pryme Members can attend classes between 6am - 3.30pm weekdays and all weekend classes, free as part of their membership. Outside of these hours, Pryme Members can attend any class at a casual member concession rate of \$6.10. | | | | | |
| Seniors / Pryme - Casual Seniors (over 55) can attend classes between 6am - 3.30pm at a casual member concession rate of \$6.10. Outside of these hours, seniors (over 55) can attend classes at a standard casual concession rate of \$11.80 | | | | | |
| Teen (Members) - Teen Members can attend 5.30pm weekday and all weekend classes, free as part of their membership. Outside of these hours, Teen Members can attend any class at a casual member concession rate of \$6.10. Teens must be ages 16 years or over to attend BodyPump. | | | | | |
| Teen (Casual) - Teens (aged 13 - 15) can attend all classes (except BodyPump) at a casual member concession rate of \$6.10, when accompanied by a parent/guardian. | | | | | |
| Concession (Casual) - Concession Card Holders can attend all classes at a casual concession rate of \$11.80, upon presentation of their card. Accepted cards include: Concession Cards, Health Care Card, Pension Card, Seniors Card and Student Cards. No entry fees will apply to Companion Card Holders. | | | | | |