



GROUP FITNESS ROOM							
TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
6.00AM		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		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							
2.00PM							DYNAMIC YOGA 90 min
4.00PM						LES MILLS BODYBALANCE	
5.00PM							
5.30PM	CARDIO BOXING	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP			
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				CYCLING			
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							
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						ADRENALINE HIT	
8.30am						RUN CLUB	
9.00AM		HIIT 30					
9.15AM		SUPPORT TRAINING					YOGA
10.00AM		SENIORS STRENGTH TRAINING		SUPPORT TRAINING			
11.00AM				SENIORS STRENGTH TRAINING			
1.00PM							
5.00PM	15MIN ABSBLAST			15MIN ABSBLAST			
5.30PM							



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	Metafit Metafit is a High Intensity Training bodyweight workout that will help you burn extra calories, even after the class has finished!				
ZUMBA	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	Adrenaline HIT 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					
<p>Group Fitness - Standard casual entry to any Group Fitness class is \$14.80</p> <p>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.</p> <p>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</p> <p>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.</p> <p>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.</p> <p>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.</p>					