



GROUP FITNESS ROOM							
TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
6.00AM		<b>LesMILLS BODYPUMP</b>	CARDIO COMBO		metafit HIT TRAINING SHREDIT		
8.00AM						<b>LesMILLS BODYATTACK</b>	<b>LesMILLS BODYPUMP</b>
9.15AM	<b>LesMILLS BODYSTEP</b>	<b>LesMILLS BODYATTACK</b>	<b>LesMILLS BODYPUMP</b>	metafit HIT TRAINING CARDIO COMBO	<b>LesMILLS BODYCOMBAT</b>	<b>LesMILLS BODYPUMP</b>	metafit HIT TRAINING SHREDIT
10.20AM	<b>LesMILLS BODYPUMP</b>	<b>LesMILLS CXWORX</b>	DYNAMIC YOGA	<b>LesMILLS BODYBALANCE</b>	<b>LesMILLS BODYPUMP</b>	metafit HIT TRAINING ABSBLAST	<b>LesMILLS SH'BAM</b>
10.50AM		metafit HIT TRAINING					
11.20AM	<b>LesMILLS BODYBALANCE</b>		Body Tone		Body Tone	ZUMBA FITNESS	
12.30PM		CARDIO BOXING 30		GENTLE EXERCISE			
2.00PM							DYNAMIC YOGA 90 min
4.00PM						<b>LesMILLS BODYBALANCE</b>	
5.00PM				metafit HIT TRAINING 30			
5.30PM	CARDIO BOXING	<b>LesMILLS BODYPUMP</b>	<b>LesMILLS BODYSTEP</b>	<b>LesMILLS BODYPUMP</b>	<b>LesMILLS SH'BAM</b> 😊		
6.30PM	<b>LesMILLS BODYATTACK</b>	metafit HIT TRAINING SHREDIT	CARDIO BOXING	<b>LesMILLS BODYATTACK</b>	<b>LesMILLS BODYPUMP</b>		
7.30PM	<b>LesMILLS BODYPUMP</b>	<b>LesMILLS BODYCOMBAT</b>	<b>LesMILLS CXWORX</b> 30	DYNAMIC YOGA 90 min			
8.00PM			<b>LesMILLS BODYPUMP</b>				
8.30PM		<b>LesMILLS BODYBALANCE</b>					

RPM STUDIO							
6.00AM				Cycle			
9.00AM						<b>LesMILLS RPM</b> ⇒	
9.15AM	<b>LesMILLS RPM</b>	<b>LesMILLS RPM</b>			<b>LesMILLS RPM</b>		
10.20AM			<b>LesMILLS RPM</b>				<b>LesMILLS RPM</b>
6.30PM	<b>LesMILLS RPM</b>		<b>LesMILLS RPM</b>				
7.30PM		<b>LesMILLS RPM</b>		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							
6.15AM	HIIT30			HIIT30			
8.05AM						ADRENALINEHIT	
9.15AM		SUPPORT TRAINING	ADRENALINEHIT				YOGA
10.00AM		SENIORS STRENGTH TRAINING		SUPPORT TRAINING			
11.00AM			SUPPORT TRAINING	SENIORS STRENGTH TRAINING	SUPPORT TRAINING		
5.00PM	ABSBLAST			ABSBLAST			
5.30PM			ADRENALINEHIT				



CLASS DESCRIPTION					
<b>LES MILLS BODYATTACK</b>	<b>Body Attack - Be Unstoppable</b> Body Attack 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.				
<b>LES MILLS BODYBALANCE</b>	<b>Body Balance - Feel Balanced</b> A Yoga, Tai Chi and Pilates inspired workout that allows you to feel strong, calm and centered. Body Balance will improve your joint flexibility and range of motion, tone and shape your body and enhance your mental wellbeing.				
<b>LES MILLS BODYCOMBAT</b>	<b>Body Combat - Unleash Your Strength</b> Body Combat 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!				
<b>LES MILLS BODYPUMP</b>	<b>Body Pump - Be Strong</b> Body Pump 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!				
<b>LES MILLS BODYSTEP</b>	<b>Body Step - Feel Alive</b> An athletic step workout, designed to burn calories & tone muscle fast, whilst improving endurance, agility and coordination. This class will make you feel alive!				
<b>LES MILLS CXWORX</b>	<b>CXWorx - 30 Minute Revolutionary Core Training</b> 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!				
<b>LES MILLS RPM</b>	<b>RPM - Ride Hard</b> 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.				
<b>LES MILLS SH'BAM</b>	<b>Sh'Bam - Free Yourself</b> and 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.				
<b>metafit HIT TRAINING</b>	<b>Metafit</b> is a High Intensity Training body weight w workout that will help you burn extra calories, even after the class has finished!				
<b>ZUMBA FINEST</b>	<b>Zumba</b> This worldwide craze of Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind dance fitness program.				
<b>AQUA</b>	<b>Aqua</b> 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!				
<b>GENTLE WATER WORKOUT</b>	<b>Gentle Water Workout</b> 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.				
<b>BOXING CIRCUIT</b>	<b>Boxing Circuit</b> 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.				
<b>CARDIO COMBO</b>	<b>Cardio Combo</b> 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!				
<b>GENTLE EXERCISE</b>	<b>Gentle Exercise</b> A low to moderate intensity workout incorporating gentle aerobic movements, weight-bearing or resistance exercise.				
<b>YOGA</b>	<b>Yoga</b> 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.				
<b>DYNAMIC YOGA</b>	<b>Dynamic Yoga</b> A dynamic yoga class, great for refreshing the mind, body and spirit, Yoga will help improve flexibility and balance.				
<b>SHRED IT</b>	<b>Shred It (H.I.I.T)</b> 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!				
<b>SPIN</b>	<b>Spin</b> 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!				
<b>SENIORS STRENGTH TRAINING</b>	<b>Senior Strength Training</b> 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.				
<b>SUPPORT TRAINING</b>	<b>Support Training.</b> 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.				
<b>ABSBLAST</b>	<b>Abs Blast:: Intense core training</b>				
<b>HIIT30</b>	A high Intensity Interval training session in the Health Club using a variety of equipment instructed by a Personal Trainer.				
<b>ADRENALINE HIT</b>	<b>Adrenaline HIT</b> Adrenaline High Intensity Training (HIT) is an innovative functional fitness program designed to improve strength and conditioning in a focused, fun and social environment. Distinctively different from other types of group training, Adrenaline HIT TM focuses on functional movements that can be applied to everyday activities.				
<b>Body Tone</b>	<b>Feel Revived</b> 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 Great class for beginner through to young at heart fitness fanatics.				
<b>Cycle</b>	A freestyle high intensity cycling class: A 50 minute mixed terrain experience on a bike.				
30 minutes	45 minutes	55 minutes	90 minutes	Challenge	Family Friendly

**CLASS COSTS**

**Group Fitness** - Standard casual entry to any Group Fitness class is \$14.80

**Seniors / Pryme** - Members 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 Body Pump.

**Teen (Casual)** - Teens (aged 13 - 15) can attend all classes (except Body Pump) 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.