

# GROUP FITNESS CLASSES TIMETABLE

AS OF  
22<sup>nd</sup> AUGUST 2024

		MON	TUES	WED	THURS	FRI	SAT
MORNING SESSIONS	6:00am	<b>BODY PUMP</b> 60min (Kim)	<b>SPIN</b> 45min (Kim)	<b>BODY PUMP</b> 60min (Kim)		<b>SPIN</b> 45min (Kim)	
	6:30am				<b>FAT FARMERS</b> 60min		
	7:15am			<b>AQUA</b> 45min (Linda)			
	8:00am			<b>AQUA</b> 45min (Linda)		<b>AQUA</b> 45min (Linda)	
	9:00am			<b>FITNESS BOXING</b> 45min (Shauna)			
	9:30am	<b>CARDIO HIIT</b> 45min (Nicole)	<b>BODY BALANCE</b> 60min (Donna)	<b>ACTIVE ADULTS</b> 60min (Nicole)	<b>HIIT CIRCUIT</b> 45min (Shauna)	<b>BODY PUMP</b> 60min (Linda)	
	10:30am						
	11:00am	<b>STRENGTH+</b> 60min (Shauna)		<b>STRENGTH+</b> 60min (Nicole)		<b>STRENGTH+</b> 60min (Shauna)	
AFTERNOON SESSIONS	5:15pm						
	5:30pm	<b>HARD-CORE</b> 60min (Nicole)	<b>SWEAT SESH</b> 60min (Nicole)	<b>POWER HOUR</b> 60min (Nicole)	<b>BODY BALANCE</b> 60min (Donna)		
	6:00pm				<b>AQUA</b> 45min (Linda)		

**ALL CLASSES included in membership fees- no extra cost for members!**

**NO lock-in contracts! Cancel at any time\***

Casual visits available- \$16.50, or \$10 on Tuesday and Thursday!

24/7 Memberships available- enquire today for after hours access!

- Bookings must be made for **AQUA** and **SPIN** Classes. Please call **08 8821 3106** to ensure you have booked a spot before attending.
- We will do our best to notify ahead of time on our Facebook page when there are interruptions to the regular schedule.
- \*30 days notice applies to all contract cancellations



SCAN HERE  
TO SEE OUR  
TIMETABLE ONLINE!

# GROUP FITNESS CLASSES DESCRIPTIONS

AS OF  
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## BODY PUMP

The original strength and toning class. This 60 minutes addictive workout will challenge all of your major muscle groups by using body weight and barbell exercises in a motivational environment.

## SPIN

Workout on our stationary bikes, go at your own pace or try to keep up with our instructor.

## BODY BALANCE

A combination of Yoga, Tai Chi, Pilates workout that builds flexibility and overall strength and leaves you feeling centred and calm.

## AQUA

Aqua aerobics classes offer you a great way to stay fit without aggravation or risking injury. Using the resistance of water automatically increases the intensity of your workout, helping to increase your strength, flexibility and your overall health. Classes are similar to using weights or machines in a gym, however, water aerobics give you a natural buoyancy to help protect and target particular areas of your body that require attention.

## ACTIVE ADULTS

Designed for our older exercisers with an emphasis on light weight work for aerobic fitness, posture and stability.

## CARDIO HIIT/CIRCUIT

Join us for a high intensity class that will make you sweat. Boost your metabolism, build endurance and heart health - keep the burn going long after the workout!

## SWEAT SESH

The class that will push you to your limits and make you work up a serious sweat! Get ready to give it your all, feel the burn, and see those results. This high-intensity workout will have you sweating buckets and feeling accomplished after every session. Join us for a class that's all about hard work, dedication, and getting those endorphins pumping! Let's hustle and sweat together!

## FITNESS BOXING

A fast paced session designed to provide a high-intensity workout in a shorter amount of time. With a focus on boxing techniques, expect a variety of punching combinations, footwork drills and core exercises.

## POWER HOUR

A dynamic class that focuses on functional movement, power, and strength building in a circuit format. Get ready to unleash your inner strength, enhance your functional abilities, and power through a series of exercises designed to challenge and sculpt your body. This class offers a comprehensive workout that combines the elements of functional movement with powerful strength-building exercises in a circuit style, ensuring a well-rounded and effective fitness experience. Join us for a session of intense training, circuit challenges, and a journey to forge a stronger, more resilient you!

## STRENGTH+

Designed for our older exercisers or those wanting to get back some strength, mobility, and aerobic fitness. Light weights, cardio and stretching are all included!

## HARD-CORE

A high-energy class designed to sculpt your core, tone those glutes, and rev up your cardio! Get ready to sweat, shake, and feel the burn as you engage in dynamic exercises that target your midsection and backside while keeping your heart rate up. This class is the perfect blend of strength training and cardio bursts, ensuring a challenging yet fun workout experience for all fitness levels. Join us for a session of intense core work, booty-building moves, and a sprinkle of cardio to leave you feeling empowered and energized! Let's blast those cores and lift those booties together!