



# 2019 Group fitness timetables

## MONDAY

9.00am - 9.55am	Aqua Aerobics	Pool	Michelle
9.30am - 10.15am	Studio Cycling	Cycling Studio	Karen
10.20am - 11.15am	Body Conditioning	Studio 2	Karen
5.20pm - 5.50pm	Kettlebell HIIT	Studio 2	Mike
5.55pm - 6.50pm	Les Mills Body Pump™	Sports Hall	Michelle
5.55pm - 6.25pm	Suspension / TRX Training	College Hall	Mike
6.10pm - 6.55pm	Studio Cycling	Cycling Studio	Toby
6.30pm - 7.25pm	Les Mills Body Combat™	College Hall	Natasha
6.35pm - 7.05pm	Kettlebell	Studio 2	Mike
7.05pm - 7.50pm	Studio Cycling	Cycling Studio	Toby
7.00pm - 7.55pm	Bootcamp	Sports Hall	Michelle
7.30pm - 8.25pm	Les Mills Body Balance™	Studio 2	Natasha
8.00pm - 8.55pm	Les Mills Body Pump™	Sports Hall	Jennifer

## TUESDAY

9.30am - 10.25am	Body Conditioning	Studio 2	Kaye
10.30am - 11.25am	Les Mills Body Balance™	Studio 2	Kaye
5.30pm - 5.55pm	HIIT	Studio 2	James
6.00pm - 6.55pm	Pilates (Advanced)	Studio 2	Beata
6.15pm - 7.00pm	Studio Cycling	Cycling Studio	Steph
6.05pm - 7.00pm	Zumba	Sports Hall	Deborah
7.00pm - 7.55pm	Pilates (Mixed ability)	Studio 2	Beata
7.10pm - 7.40pm	Studio Cycling	Cycling Studio	Steph
7.10pm - 7.55pm	Les Mills Body Pump™	Sports Hall	Kaye
8.05pm - 9.00pm	Les Mills Body Balance™	Sports Hall	Kaye
8.00pm - 8.55pm	Pilates (Beginners/Intermediate)	Studio 2	Beata
8.10pm - 9.05pm	Aqua Aerobics	Pool	Lydia

## WEDNESDAY

9.10am - 9.55am	Studio Cycling	Cycling Studio	Michelle
10.00am - 10.55am	Functional Circuits	Studio 2	Karen
11.00am - 11.55am	Aqua Aerobics	Pool	Michelle
5.25pm - 5.50pm	HIIT	Studio 2	Dean
6.00pm - 6.55pm	Yoga	Studio 2	Annie
6.15pm - 7.00pm	Studio Cycling	Cycling Studio	Toby
6.15pm - 7.00pm	Les Mills Body Pump™	Sports Hall	Steph
7.05pm - 8.00pm	Les Mills Body Combat™	College Hall	Kaye
7.05pm - 8.00pm	Yoga	Studio 2	Annie
7.10pm - 7.55pm	Studio Cycling	Cycling Studio	Toby
7.15pm - 8.10pm	Bootcamp	Sports Hall	Mike
8.05pm - 9.00pm	Les Mills Body Balance™	Studio 2	Kaye

## THURSDAY

9.30am - 10.00am	Studio Cycling (Beginner)	Cycling Studio	Mike
5.00pm - 5.45pm	Studio Cycling	Cycling Studio	Michelle
5.30pm - 5.55pm	HIIT	Studio 2	Dean
5.55pm - 6.50pm	Les Mills Body Pump™	Sports Hall	Michelle
6.00pm - 6.55pm	Abdominal Conditioning	Studio 2	Mike
7.10pm - 8.05pm	Pilates (Beginners/Intermediate)	Studio 2	Beata
7.10pm - 7.55pm	Studio Cycling	Cycling Studio	Emma
8.00pm - 8.55pm	Aqua Aerobics	Pool	Darci
8.15pm - 9.10pm	Pilates (Beginners/Intermediate)	Studio 2	Beata

## FRIDAY

9.00am - 9.55am	Aqua Aerobics	Pool	Deborah
9.10am - 9.55am	Studio Cycling	Cycling Studio	Kaye
10.15am - 11.10am	Les Mills Body Balance™	Studio 2	Kaye
5.25pm - 5.55pm	Suspension / TRX Training	College Hall	Mike
6.00pm - 6.55pm	Les Mills Body Combat™	College Hall	Rachael
6.10pm - 6.40pm	Kettlebell	Studio 2	Mike
6.45pm - 7.15pm	Kettlebell	Studio 2	Mike

## SATURDAY

9.00am - 9.55am	Les Mills Body Pump™	Sports Hall	Jess
10.05am - 11.00am	Les Mills Body Balance™	Studio 2	Lydia
10.05am - 10.50am	Studio Cycling	Cycling Studio	Mike
11.10am - 12.05pm	Les Mills Body Balance™	Studio 2	Lydia

## SUNDAY

9.00am - 9.45am	Studio Cycling	Cycling Studio	Emma
9.30am - 10.25am	Zumba	College Hall	Leslie
5.00pm - 5.55pm	Bootcamp	Studio 2	Karen



Check app for virtual class times

- Age 14 years and above can attend any group fitness class
- Age 12 and 13 years can attend Zumba, Aqua and Studio Cycling only

# What to expect

## **ABDOMINAL CONDITIONING**

Fun and varied exercises that are designed to develop a firmer, flatter stomach.

## **AQUA AEROBICS**

A fantastic workout to music in the water. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

## **LES MILLS BODY BALANCE™**

Ideal for anyone and everyone, Body Balance™\* is the yoga-based class that will improve your mind, your body and your life. For 55 minutes an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm, centred and happy.

## **BODY CONDITIONING**

This class is suitable for people of all levels and abilities. It is a workout which will focus on toning your body using a variety of equipment.

## **LES MILLS BODY COMBAT™**

This is a high-energy martial inspired workout. You'll punch and kick your way to fitness and strength. It's totally non-contact and there are no complex moves to master. It will help tone your body, burn calories and develop coordination, agility and speed.

## **LES MILLS BODY PUMP™**

Body Pump™ is for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, Body Pump™ gives you a total body workout. It will burn up to 590 calories\*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music - helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

## **BOOTCAMP**

This is a circuit based workout that will take you to your fitness boundaries and then smash through them. It's a great class to come to with your friends as you will often work in small groups. Be prepared to use a variety of equipment including Power Bags, Battle Ropes, ammo cases and tyres. You will take your fitness levels to a whole new level.

## **FUNCTIONAL CIRCUIT**

Providing strength, stability and mobility to help prevent injuries, create core stability and improve joint mobility. Using a range of equipment to focus on movement, rather than muscle groups, to increase proficiency in movement patterns.

## **HIIT (HIGH INTENSITY INTERVAL TRAINING)**

This interval-based class combines body weight strength training with high intensity cardio bursts designed to blast fat, improve your endurance and get you in ultimate shape. Modifications for all fitness levels are provided. Classes are only 25 minutes in duration.

## **KETTLEBELL**

This is a short and intense 30 minute session providing a total body workout and is a fantastic way to tone up, increase core strength, raise your metabolism and lose weight using a Kettlebell.

## **PILATES**

Work that core to improve your flexibility, muscle tone and postural alignment. We offer beginner, intermediate and advanced sessions.

## **STUDIO CYCLING**

A high energy indoor cycling class will get you fit, burns serious calories and is great for lower body toning. Big tunes and big baselines are guaranteed as you attack hill climbs and sprints. This session will see you become both physically and mentally stronger. New participants are recommended to arrive 10 minutes prior to the start of the session.

## **STEADY & STRONG**

This class is designed to improve balance, flexibility and stability. It is suitable for older people who are unsteady on their feet, it will help them carry out their normal daily routines with confidence.

## **SUSPENSION / TRX TRAINING**

Created by Navy SEALs, Suspension Training bodyweight exercise simultaneously develops strength, power, endurance, mobility, durability, balance, flexibility, and core stability. This circuit based session may also involve the use of additional training equipment.

## **YOGA**

Connect your mind and body, through postural, breathing and relaxation exercises.

## **ZUMBA**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

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- Age 12 and 13 years can attend Zumba, Aqua and Studio Cycling only