

# GROUP EXERCISE TIMETABLE

STARTING FROM 4 MARCH 2024



Classes and instructors are subject to change at short notice ~ Bookings are required to attend all group fitness classes and are available via the Active World App or reception ~ All participants must check in with instructor at commencement of class ~ Bring a towel and drink bottle to all classes ~ Casual participants must be 10 years or older (casual participants under the age of 16 must be accompanied by an adult) ~ Consult your doctor prior to participating in any group exercise program ~ Some classes are not suitable to do whilst pregnant. If you are unsure, contact your physician and let the group fitness instructor know.

**For OH&S, entry to a class is not permitted once it has started**

# TIMETABLE FROM 4 MARCH 2024

## MAIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am	OUTDOOR HIIT Ben	RPM Wes	OUTDOOR HIIT Ben	RPM Ravyn	KETTLEBELL Jodie		
8.30am	BODYPUMP Kylie	CYCLE XPRESS Pete	CYCLE XPRESS Kylie	CYCLE XPRESS Pete	CYCLE XPRESS Kylie	8.00am BOXING Pete	RPM Anna
9.20am	CYCLE XPRESS Kylie	BODYPUMP Cathy B	LM TONE Sandra	ZUMBA GOLD* Lauren	BODYPUMP Carmel	BODYPUMP Kylie	CIRCHIIT Adam
10.30am	CIRCHIIT Pete	SH'BAM Cathy F	BODYPUMP Sandra	CIRCHIIT Pete	ZUMBA Rachel	CYCLE Pete	ZUMBA Greg
11.20am		CARDIO SNRS* Carol R	LATIN DANCE Irina	STRONG SNRS* Carole R			
4.00pm							
5.30pm	5.15PM OUTDOOR BOXING Pete	RPM XPRESS Anna	CIRCHIIT Pete	KETTLEBELL Pete	ZUMBA Lauren		
6.15pm	CYCLE John	ZUMBA Greg	BODYPUMP Cathy B	RPM Amanda L	6.30pm SPRINT Amanda M		

## WELLBEING STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am			BODY BALANCE Ravyn				
7.00am		VINYASA YOGA Robyn		PILATES Kara			
8.15am			PILATES Jenny			BODY BALANCE Jenny	
8.40am		LM CORE Cathy B			LM CORE Jenny		
9.20am	VINYASA YOGA Robyn	PILATES Cathy F	BODY BALANCE Jenny	PILATES Carole S	BODY BALANCE Jenny	PILATES Carole S	BODY BALANCE Carole S
10.30am	PILATES Cathy F	BODY BALANCE Shel	MEDITATION/YIN Irina	BODY BALANCE Carole S	HATHA YOGA Rosie	YOGA BLEND Irina	PILATES & PROPS Carole S
11.30am	YIN YOGA* Irina		FALLS PREVENTION— Level 2* Cathy B		BARRE SCULPT Rachel		YOGA BLEND Irina
12.30pm	FALLS PREVENTION Level 1* Cathy B		FALLS PREVENTION— Level 1* Cathy B				
5.30pm	ASHTANGA YOGA Isolde	BODY BALANCE 45min Cathy					
6.15pm		PILATES Jenny	BODY BALANCE Denise	VINYASA YOGA Rosie	BODY BALANCE Ravyn		
7.15pm	PILATES HIIT Carleigh	VINYASA YOGA Robyn	PILATES HIIT Carleigh	BODY BALANCE Denise			

# TIMETABLE FROM 4 MARCH 2024

## WARM WATER PROGRAM POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am					AQUA FIT* Bronwyn		
8.30am						AQUA FIT* Bronwyn	
9.00am		AQUA DANCE* Irina		AQUA FIT* Jodie		9.30am AQUA FIT* Bronwyn	
10.00am	AQUA DANCE* Irina	AQUA FIT* Bronwyn		AQUA FIT* Jodie			
6.15pm	AQUA FIT* Carleigh		AQUA FIT* Morena				

## 50 METRE POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am		AQUA FIT* Carole R	AQUA FIT* Morena	AQUA FIT* Jodie			
9.00am	AQUA FIT* Deb				AQUA FIT* Jodie		
10.00am			AQUA RUN Julie				

## SPECIALTY CLASSES\*

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7.30am		Greensborough Mall Walkers* Natalie	Greensborough Mall Walkers* Kylie	Greensborough Mall Walkers* Natalie			
10.30am			ALL ABILITIES AQUA^ WWPP				
11.30am				TAI CHI^ Mary Wellbeing Room			
4.00pm		ALL ABILITIES DANCE Main Studio					

## COACHING ZONE ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am	GYM CIRCUIT* Vaughn		WONDER WOMEN* Jodie		WONDER WOMEN* Kara		
12.30pm		WONDER WOMEN* Alanna		GYM CIRCUIT* Jodie			

# CLASS DESCRIPTIONS

## Main Studio

### BODYPUMP (45 mins)

A barbell workout that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises with great music and awesome instructors.

### BOXING (55 mins)

Punching technique, pad work, skipping, running and abdominal work that will make you sweat! (If not using your own gloves please bring inners to class)

### HIIT STRENGTH (30 mins)

Short bursts of high intensity strength training

### CIRC-HIIT (45 mins)

A mix of strength training and high intensity intervals with weights and body weight exercises.

### KETTLEBELL (30 mins)

Improve your overall strength, balance, coordination, flexibility and endurance with a combination of functional and compound exercises using kettlebells.

### LES MILLS CORE (30 mins)

The ultimate way to get a tight and toned core. With dynamic training that focusses on your abs, glutes, back and obliques.

**LM TONE\* (45 mins)** A mix of functional training and tubing exercises mixed with great music, TONE accommodates most fitness levels.

### SH'BAM\* (45 mins) (ff)

Featuring simple but seriously hot dance moves, it's the perfect way to shape up and let out your inner star!

### ZUMBA (50mins) (ff)

Exotic rhythms set to high energy Latin and international beats. It's a combination of fitness and dance moves to swinging Latin music.

### ZUMBA GOLD\* (45 mins) (ff)

A lower impact, easy to follow version of Zumba.

## Specialty Classes

\* All specialty classes are \$5 per session for non-members unless specified

### ALL ABILITIES AQUA\* (30 mins) (ff)

Fun and movement in the water, with simple moves and familiar music. Carers and parents welcome. Warm Water Program Pool

### ALL ABILITIES DANCE\* (45 mins) (ff)

A fun, inclusive dance class designed to enable everyone to participate—whatever their age and ability. Carers and parents welcome. Main Studio

### TAI CHI\* (45 mins) (ff)

Calm your body and mind as you focus on gentle martial-arts inspired movements. Runs during school terms only. Wellbeing room

## Cycle

### CYCLE\* (45 mins & XPRESS 30 mins) (ff)

Freestyle Indoor cycling class coached by an instructor who will guide you through a series of sprints, climbs & attacks. Riders can work at their own pace to inspirational music.

### RPM (45 mins & XPRESS 30 mins) (ff)

Les Mills pre-choreographed group indoor cycling workout where you control the intensity. It's fun, low impact and will inspire you to reach personal best.

## Wellbeing

### BARRE SCULPT (45 mins) (ff)

A fusion of ballet barre, yoga and Pilates. Designed to challenge core stability and balance using bodyweight and light hand weights as resistance. Barre Sculpt will help you achieve a lean and strong body.

### BODY BALANCE (55 mins) (ff)

The Yoga and Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Participants will need to be able to bear some weight on their hands and kneel on a mat.

### MEDITATION (30mins) (ff)

Wind down and de-stress with a short sequence of Yin yoga, followed by guided mindfulness.

### PILATES\* (45 mins) (ff)

Pilates will assist in strengthening your core area and improving your flexibility, by focusing on correct body alignment, breathing, and lengthening and strengthening your muscles.

### PILATES HIIT (30-45 mins)

Incorporates traditional mat Pilates combined with elements of high intensity interval training (HIIT) Using a variety of props to strengthen the core, increase flexibility and stamina and experience deep stretches.

### YOGA (55 mins)

#### Ashtanga Yoga (45mins) (ff)

Physically challenging and rigorous series of postures designed to build strength and flexibility. Perfect for athletes or those wishing to push beyond their limits.

#### Vinyasa Yoga (ff)

Energetic style of flowing movements. Sun salutations, standing balance and meditative relaxation.

\*Tuesday 7.15pm classes are 45mins Yoga with 15mins Meditation

#### Hatha Yoga (ff)

Yoga for everybody, moving mindfully and deliberately into different poses that challenge strength and flexibility, whilst at the same time focusing on relaxation and mindfulness.

#### Yoga Blend (ff)

A combination of hatha yoga and restorative yoga.

## WWPP & 50 Metre Pool

### AQUA FIT\* (45 mins) (WWPP—ff)

Inclusive of every fitness level and age. Working out in water eliminates stress on the joints, improves cardiovascular fitness, strength, flexibility and overall health. Classes are usually a combination of body weight exercises, using water as resistance, and equipment based exercises using dumbbells, kickboards and noodles.

### AQUA DANCE\* (45 mins) (ff)

Dance and Splash your way into shape with an invigorating low impact aquatic exercise.

### DEEP WATER RUNNING (45 mins) (ff)

-must be confident in deep water

A higher intensity deep water workout where patrons should be comfortable working out in deep water. Aqua flotation belts are optional.

Meet at deep end of the 50 metre pool.

## Seniors Program

The Seniors Program of classes are designed to help keep the mind, body and spirit of older adults active, engaged and strong. We aim to offer classes that are varied and enjoyable, where individuals can come together as a community.

### CARDIO & STRONG SENIORS\*

(45 mins, Main Studio)

**Cardio Seniors** (main studio) is a cardio workout that will help improve heart and lung fitness as well as your balance and co-ordination. This class has everything - music, friends and movement. **Strong Seniors** (main studio) is a strength based class of functional strength exercises using your body weight, balls and light hand weights. These exercises will strengthen your muscles so that everyday tasks remain easy and enjoyable.

### GREENSBOROUGH MALL WALKERS\* (45 mins)

Meet Greensborough Plaza outside Target, Level 2. An all-weather walking group inside Greensborough Plaza. Walk, talk and enjoy a cuppa afterwards.

### YIN YOGA\* (45 mins, Wellbeing Room)

A gentle yoga class (wellbeing studio) with very little weight bearing on the hands and knees and poses held for longer periods. Ideal for beginners and those wanting a slower, gentle class

### FALLS PREVENTION\*

(45 mins, Wellbeing Room)

Improve strength, balance and coordination in order to minimize falls risk

Improve strength, balance and coordination in order to minimize falls risk.

Level 1—entry level, all exercises are performed either standing or seated.

Level 2— Involves floor work: participants MUST have ability to get onto floor and back up without assistance.

### WONDER WOMEN\* (50 mins, Coaching Zone)

A non-intimidating female only class held in the coaching zone area of the health club. A combination of body weight, free weight and machine weight exercises. These classes are perfect class if you're wanting to transition into gym training or looking for company whilst you work out.

### GYM CIRCUIT\* (50 mins, Coaching Zone)

Held in the coaching zone room in the gym, this motivating class will build strength and cardio fitness whilst exercising with like-minded people. All experience levels and abilities welcome!

(ff) Classes suitable for children aged 10 and above— non-member under 16s must be accompanied by an adult during the class

\*Classes with an asterisk are generally considered safe for all ages and fitness levels. If you are in doubt, please speak with the group fitness instructor prior to the class.

Please bring your own mats to classes



Classes marked with a heart need more love! Please attend these classes to keep them on your timetable