

GROUP EXERCISE

TIMETABLE

STARTING FROM 1 JULY 2022



 **WaterMarc™**
Banyule



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~ For safety and OH&S, the instructor has discretion to not allow you to participate in a class once it has started ~ 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.

TIMETABLE FROM 1 JULY 2022

MAIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am	OUTDOOR HIIT Ben		OUTDOOR HIIT Ben		METAFIT John		
8.00am						BOXING Pete	
9.15am	BODYPUMP XPress Denise	BODYSTEP Jenny	HIIT 30mins Jodie	ZUMBA GOLD* Lauren	BODYPUMP XPress Carmel	BODYPUMP XPress Kylie	KETTLEBELL Jodie
10.05am	BOXING Pete		BODYPUMP XPress Kylie	METAFIT Pete	BODYCOMBAT XPRESS Amanda		9.50am BOXING EXPRESS Jodie
10.25am		SH'BAM Cathy F					ZUMBA Leila
4.00pm		ALL ABILITIES DANCE Natalie					
5.15pm	BOXING Pete						
5.30pm		LM CORE Kylie	META POWER Cathy B	KETTLEBELL Jodie	ZUMBA Lauren		
6.15pm	BODYPUMP XPress Kylie	BODYSTEP Louise	BODYPUMP XPress Cathy B	CIRCHIIT Pete			
7.05pm			TOTAL TONE Morena				

WELLBEING STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am			BODY BALANCE Amanda M				
8.45am	LM CORE Cathy B				LM CORE Kylie		
9.20am	VINYASA YOGA Robyn	PILATES Cathy F	BODY BALANCE Jenny	PILATES Carole S	BODY BALANCE Jenny	PILATES & PROPS Carole S	BODY BALANCE Carole S
10.30am	PILATES Cathy F	MINDFUL MOVEMENT Paul	 LM TONE Jo	BARRE SCULPT Meredith	TAI CHI Mary	YOGA BLEND Irina	PILATES Carole S
11.20am				HATHA YOGA Lee			
5.30pm		VINYASA YOGA Orly					
6.15pm	BODY BALANCE Jenny	PILATES Meredith	BODY BALANCE Denise	VINYASA YOGA Robyn	BODY BALANCE Ravyn		
7.15pm		 VINYASA YOGA Robyn	PILATES Kara	BODY BALANCE Denise			

TIMETABLE FROM 1 JULY 2022

CYCLE STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am		RPM Sophie		RPM Ravyn			
9.20am	CYCLE Xpress Kylie	CYCLE Pete	CYCLE Xpress Kylie	CYCLE Pete	CYCLE Xpress Kylie	9.00am CYCLE Pete	RPM Anna
5.30pm			RPM Chrissy		RPM Xpress Ravyn		
6.15pm	CYCLE John	RPM Anna		RPM Amanda L			
7.15pm	RPM Carleigh		RPM Carleigh				

OLDER ADULTS PROGRAM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7.30am		Greensborough Mall Walkers*	Greensborough Mall Walkers*	Greensborough Mall Walkers*			
8.00am	GYM CIRCUIT* Pete		WONDER WOMEN* Jodie		WONDER WOMEN* Kara		
10.30am					TAI CHI* Mary		
11.20am		CARDIO SNRS* Carol R		STRONG SNRS* Carole R			
11.35am	SENIORS YOGA* Irina		COMBO* Amy				
12noon					STRENGTH & BALANCE* Amy		
12.30pm			STRENGTH & BALANCE* Amy				

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 FIT* Kara	AQUA FIT* Amy			
10.00am	AQUA ZUMBA* Irina	AQUA FIT* Bronwyn		AQUA FIT* Amy	AQUA FIT* Morena		
5.15pm		AQUA FIT* Morena					
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* Amy	AQUA FIT* Kara			
9.00am	AQUA FIT* Deb						
10.00am			AQUA RUN Kara				

CLASS DESCRIPTIONS

Main Studio

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.

BODYPUMP Xpress (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.

BODYCOMBAT (45 mins)

Punch and kick your way to fitness in this non-contact, high energy class.

BODYSTEP (45 mins)

An energising step workout that makes you feel alive! A cardio workout to really tone your butt and thighs. Expect a mixture of upbeat, rhythmic stepping with squats and lunges.

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)

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 TONE* (45 mins)

A mix of functional training and tubing exercises mixed with great music to leave you buzzing with energy and feeling great. Les Mills TONE accommodates most fitness levels.

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.

METAFIT (30 mins)

A high intensity interval training class. All exercises are body weight only. This class is designed to work you at maximum intensity.

META POWER (30 mins)

Metabolic training using bodyweight and resistance exercises. More work, less rest, faster results

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!

TOTAL TONE (45mins) (ff)

Low impact aerobics mixed with strength and toning exercises. Targets the lower body

ZUMBA (55mins) (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* (55 mins) (ff)

A lower impact, easy to follow version of Zumba.

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, Tai Chi, 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.

MINDFUL MOVEMENT* (55 mins) (ff)

A holistic wellness practice incorporating elements of mindfulness, yoga, chi gong, pilates, and functional mobility exercises.

PILATES* (55 mins)

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 with PROPS* (55 mins)

Use a variety of props to strengthen the core, increase flexibility and stamina and experience deep stretches.

YOGA (55 mins)

Vinyasa Yoga (ff)

Enjoy an energetic style of flowing movement synchronised with the breath. 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)

Aqua Fit is a workout in water that is inclusive of every fitness level and every age. Working out in water eliminates stress on the joints, improves cardiovascular fitness, can increase 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. Great music and instructors guide you.

AQUA ZUMBA* (45 mins) (ff)

Just add water and shake. 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)

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.

COMBO* (50 mins)

Get fit and feel fabulous. This class combines low impact aerobics, balance and agility work, pelvic floor exercises, brain training and strength exercises using a variety of equipment. Held in the main studio

SENIORS YOGA* (45 mins)

A gentle yoga class (wellbeing studio) with balancing practice included and very little weight bearing on the hands. Conditions such as knee and hip replacements and arthritic joints are specifically catered for. Ideal for beginners, those wanting a slower, gentle class and people with specific health needs or who are recovering from injuries

STRENGTH & BALANCE / FALLS PREVENTION* (45 mins)

Improve strength, balance and coordination in order to minimize falls risk. Our goal is to educate the importance of balance training and how it can improve overall health.

TAI CHI* (50 mins)

Calm your body and mind as you focus on gentle martial-arts inspired movements. Runs during school terms only. Terms 1 & 4 Outdoor

WONDER WOMEN* (50 mins)

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)

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!



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

(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