

VIRTUAL WELLBEING TIMETABLE

Monday 14th Jan to Sunday 31st March 2019

WELLBEING STUDIO

MON	TUE	WED	THU	FRI	SAT	SUN
MORNING						
	7am-7.55am Yoga Basics	7am-7.30am Killer Abs		6.30am-7am Beginner's Daily Practice		
8am-9am Stability, Strength & Balance	8am-8.33am Killer Abs	8am-8.55am Yoga Basics	8am-8.35am Beginner's Daily Practice	7.30am-7.40am Core Challenge	8am-8.55am Yoga Basics	
AFTERNOON / EVENING						
	12.30pm-1pm Beginner Shred	12.30pm-1pm Coremageddon	12pm-12.30pm Everyday Yoga	12pm-12.30pm 30 Min Cardio	12pm-12.30pm 30 Min Cardio	12pm-12.30pm 30 Min Cardio
Blocks in light grey indicate that the room is being used and classes cannot be scheduled.	4pm-5pm WAR 20	3pm-3.30pm 30 Min Cardio	1pm-1.50pm Learn to Flow	1pm-2pm Stability, Strength, Balance	3pm-3.30pm Coremageddon	1pm-1.30pm Coremageddon
		4pm-4.30pm Yin Yoga Flow	2pm-2.30pm Everyday Yoga —Practice 2		4pm-5pm Stability, Strength & Balance	2pm-2.30pm Yin Yoga Flow
			3.30pm-4pm Yin Yoga Flow		5pm-5.55pm Learn to Flow	3pm-3.30pm Killer Abs
				8.15pm-8.45pm Yin Yoga Flow		

CLASS DESCRIPTIONS

Beginner's Daily Practice - Take a little bit of time every day for this foundational practice aimed at giving you a well rounded flow in a short period of time.

Mat Pilates - Fitness based mat pilates class for beginners.

Beginner Shred Workout 1—Jillian Michaels—A workout designed for anyone looking to start exercising for the first time or anyone getting back into it.

Stability, Strength & Balance - Gain stability, strength and balance and work up to warrior 3 and handstand.

Breath Based Core Strengthening - Focus on your breath as you strengthen your core in this fun flow class.

WAR20 - WAR is a fusion of martial arts and music. Learn to how punch effectively, kick safely and perform hooks and uppercuts.

Coremageddon - Strengthen your core with this intense class aimed at building heat and stability.

YogaFit for Beginners - Learn breathing, feeling, listening to your body, letting go of competition, expectations, judgements and staying present.

Hard Body—Jillian Michaels - Two 45 minute body-blasting workouts that progress in difficulty. Modifications for both beginners and advanced.


Yin Yoga Flow - This yoga practice includes holds in postures which are great to do at night to help wind down.


Killer Abs—Jillian Michaels - Get the killers abs you've always wanted.

Yoga Basics - Yoga basics focuses on the fundamentals of a fitness-based yoga class. This class will move slowly to allow a quality workout focused on strength, balance and coordination.

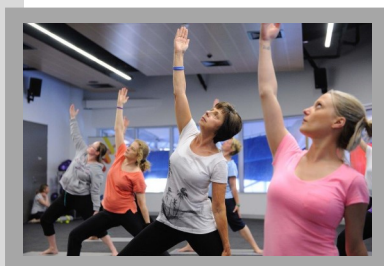
Learn to Flow - A vinyasa flow practice that mindfully breaks down the movement you need to know to be safe and have fun.

30 Minute Cardio - Strengthen your cardio system with this fast moving class that builds tons of heat.

 Easy-Moderate Intensity/Difficulty

 Moderate Intensity/Difficulty

 High Intensity/Difficulty



All classes will require a mat. For hygiene, we suggest you bring your own mat, although there are mats available in the storeroom.

Please see over for details about virtual.

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INTRODUCTION TO VIRTUAL CLASSES...

Welcome to the timetable of Virtual group fitness classes.

Please read this guide before commencing a Virtual class. Following this guide will help to make your experience positive and enjoyable.

- Virtual classes are not supervised by a member of staff. They are scheduled to commence automatically according to this timetable.
- By participating in virtual classes, you are doing so at your own risk and are responsible for your own health and safety. Patrons who are pregnant should seek medical advice before participating in any class and be able to make modifications to their workout where necessary. Not all virtual workouts will be appropriate for pregnancy and not all classes will offer options for pregnancy.
- Arrive in time to start the class from the beginning and avoid joining a class part way through. Respect other patrons who may also be participating in the class.
- Appropriate clothing and footwear should be worn to all workouts and our staff have the right to ask you to return at another time if your attire is not deemed safe or appropriate.
- Staff will monitor the rooms at regular intervals throughout the day when virtual classes are running.
- Please make sure you get a ticket from the group fitness kiosk for the class and place it in the box provided in each studio.
- Fan switches and light switches are labelled in each studio and can be used where necessary.
- The projector screen should already be down prior to the class starting and the class should commence automatically. If this is not the case, please find a staff member to help you.