

GROUP EXERCISE TIMETABLE



FROM 3 APRIL 2018

Classes and instructors are subject to change at short notice. | Tickets/wristbands are required to attend all group fitness classes. Tickets/wristbands are available from the reception desk or from the level one kiosk (excluding wristbands). | For the safety of our patrons and OH&S, your instructor will not allow you to participate in a class once it has started. | Please bring a towel and drink bottle to all classes.

1 Flintoff Street, Greensborough
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 **WaterMarc™**
Banyule

TIMETABLE

FROM 3RD APRIL 2018

GROUP EXERCISE STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am	John		BOXING John	Cat	John		
6.35am					ABS/GLUTES John		
7.10am						Barbara	
8.15am			tōne Meredith			BOXING John	
9.15am	Denise	THT Andrea New	CIRC-HIIT John	Lauren	Allison	Kylie	Barbara
10.20am	CIRCUIT Brett	Cathy	Kylie	tōne Kellie	John	tōne Kellie	Tim (10.30am)
11.15am						Emily	
12.00pm			BARRE SCULPT* Meredith				
12.30pm			CORE PILATES & STRETCH* Meredith				
4.00pm						Allison/Kellie	Jess
5.15pm	BOXING Carli	BOXING TECHNIQUE (15 mins)	Allison	Cat			
5.30pm		BOXING* (40 mins) Carli			Lauren		
6.15pm	Kylie	Barbara	Sue	Pete			
7.15pm	Jenna	Barbara	Cathy	Sophie			

WELLBEING STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am	Jenna	PILATES* Suzi	Emily P	PILATES* Meredith			
7.00am	STRENGTHEN, STRETCH & RELAX* Andrea						
8.15am							YOGA BLEND* Robyn
9.20am	YOGA BLEND* Robyn	PILATES* Cathy	BARRE SCULPT* Meredith	PILATES* Carole	Gizelle	PILATES* Carole	Carole
10.25am	PILATES* Cathy	Jade	YOGA BLEND* Karina	Andrea	YOGA BLEND* Bec	Gizelle	PILATES, PROPS & STRETCH* Carole
11.25am		Gizelle					
4.00pm							Andrea
5.30pm	tōne Kellie (5.15pm) New	Carleigh	Kara	Kate			
6.15pm	BARRE SCULPT* Meredith	PILATES – Beg.* Suzi	Denise	PILATES* Celine	VINYASA YOGA* Candra		
7.15pm	PILATES* Meredith	Andrea	YOGA BLEND* Jade	Ravyn	MEDITATION & RELAXATION* Candra		
8.15pm	Carleigh	VIN/YIN YOGA* Samantha	PILATES* Celine				

CYCLE STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am		LES MILLS RPM Andrea		LES MILLS RPM Ravyn			
8.15am						LES MILLS RPM Andrea	
9.20am	CYCLE Kylie	LES MILLS RPM Silvia	CYCLE Xpress Kylie	LES MILLS RPM Allison	CYCLE Xpress Kylie		LES MILLS RPM Silvia
10.20am						CYCLE Xpress Kylie	
12.30pm		LES MILLS RPM Xpress Terri					
6.15pm	LES MILLS RPM Xpress Pete	LES MILLS RPM Carleigh	CYCLE Pete	LES MILLS RPM Amanda			
7.15pm	SPRINT Carleigh		LES MILLS RPM Xpress Graeme				

SENIOR STRENGTH CLUB

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7.30am		Greensborough Plaza Mall Walkers	Greensborough Plaza Mall Walkers	Greensborough Plaza Mall Walkers			
11.20am	FALLS PREVENTION Karina (11.30am)	CARDIO SNRS Carole	SNR YOGA Karina	STRONG SNRS Carole			

WARM WATER PROGRAM POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am	AQUA STRENGTH* Kellie		AQUA FUSION* Antonella		AQUA STRENGTH* Carleigh		
8.30am						AQUA CARDIO* Denise	
9.15am	AQUA FUSION* Carol B	AQUA FUSION* Kellie	AQUA CARDIO* Kara	AQUA STRENGTH* Kellie	AQUA CARDIO* Debrah		
9.30am						AQUA FUSION* Denise	
10.15am	AQUA CARDIO* Carol B.	AQUA CARDIO* Kellie	AQUA ZUMBA* Lesley	AQUA FUSION* Kara	AQUA ZUMBA* Lesley		
6.15pm	AQUA CARDIO* Xpress 30 mins Shona		AQUA CARDIO* Kellie				
7.00pm	AQUA FUSION* Shona		AQUA FUSION* Carleigh	AQUA FUSION* Antonella			
7.30pm		AQUA STRENGTH* Carole B					

50 METRE POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am	DEEP WATER Carol R	AQUA CARDIO* Carole R	AQUA CARDIO* Kara	AQUA FUSION* Kara			
9.00am	AQUA CARDIO* Kellie						

AQUA CLASSES - Please make sure that you get a wristband from reception to attend any of the Aqua classes.

Wristbands are available 1 hour prior to the class commencement time, without exceptions. If you arrive for a class and it already full, you may get a wristband for the next class outside of the 1 hour limit.

OTHER IMPORTANT INFORMATION

Casual participants must be 16 years or older ♦ Consult your doctor prior to participating in any group exercise program ♦ Some classes are not suitable to do whilst pregnant. If you are unsure please contact your physician and always let your group fitness instructor know.

*These classes are generally considered suitable for beginners and older adults.

CLASS DESCRIPTIONS

LES MILLS PROGRAMS

BODY ATTACK

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

BODY PUMP

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises with great music and awesome instructors inspiring you. Body Pump Xpress is a **50 minute Body Pump class**.

BODY STEP

An energising step workout that makes you feel alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music.

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 has a variety of options to accommodate all fitness levels.

CXWORX (30 mins)*

Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that focusses on your abs, glutes, back, obliques, and the 'slings' that connect your upper & lower body.

SH'BAM*

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

OTHER PROGRAMS

BOOTCAMP

A hard core workout where you get out of your comfort zone to improve strength, stamina, and your will to survive in this hour long workout.

BOXING (Beginner's Boxing – 40 mins)

Punching technique, pad work, skipping, running and abdominal work will bring a sweat to the best of them. Let's burn some calories!

CIRC-HIIT / CIRCUIT (50 – 60 mins)

A mix of strength training and high intensity cardio intervals.

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 to get you fitter, faster.

METAFIT POWER (30 mins)

A 30min equipment based circuit class incorporating slam balls, battle ropes, kettlebells and more.

THT

Tummy, hips and thighs concentrates on abs, glutes or thighs for a leaner, stronger and more toned body. A different focus each week so your body never knows what to expect, this creates constant change.

ZUMBA

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*

The lower impact, easy to follow, Latin inspired dance fitness party. While you're moving, dancing and having a blast, you're also enjoying a cardio workout, strengthening your muscles and bones.

WELLBEING

BARRE SCULPT

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*

The Yoga, Tai Chi, Pilates' workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

PILATES*

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, PROPS & STRETCH*

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

STRENGTHEN, STRETCH & RELAX*

A fusion of different elements of Pilates and Yoga with moves to strengthen and stretch your body. A relaxation session concludes the class. A great way to start the day.

YOGA*

Vinyasa Yoga is a dynamic and invigorating form of Yoga. Vinyasa means 'move in a special way'. Every class brings a different sequence from the one before. Classes incorporate sun salutations, strength building poses, stretching, breathing and relaxation.

Yoga Blend is a yoga practice focused on blending various styles of yoga with similar elements from Tai Chi and Pilates.

Vinyasa/Yin Yoga is a practice that gives the body a chance to open, soften and release tension without much investment of energy. It works on the connective tissues and is a calming, relaxing, recuperating practice which is productive and popular to counter balance a busy lifestyle and mind.

MEDITATION

A guided relaxation class. You are guided through the process of becoming aware of your thoughts and relaxing the entire body. Helps restore the mind and body and can improve stress and sleep. **Please bring yoga mat and a blanket.**

CYCLE

CYCLE (45 mins)

Whip off those training wheels and experience the super calorie burning class of your life! Your instructor will simulate a ride through various terrains set to motivating music that you can sing along too.

RPM (45 mins) and XPRESS (30 mins)

Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your inner athlete.

SPRINT (30 mins)

High intensity interval training (HIIT) on a bike. It's built on the sport of cycle sprinting which means you'll be taking your training to the next level with a workout that's all about speed.

SENIOR STRENGTH CLUB*

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.

On the 1st Thursday of every month we invite you to join us at 12.00pm for a 45 minute 'catch-up'. A schedule of dates, locations and activities will be available from your instructor and will be posted on notice boards at WaterMarc.

FALLS PREVENTION

Meet outside the wellbeing studio. The falls prevention program aims to improve strength and balance, in order to minimize falls risk. Our goal is to educate the importance of balance training and how it can improve overall health.

ACTIVE SENIORS & STRONG SENIORS

Active 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 (wellbeing 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.

YOGA

Meet outside the wellbeing studio to enjoy gentle yoga class with balancing practice included and 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.

GREENSBOROUGH MALL WALKERS

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

WWPP & 50 METRE POOL

AQUA CARDIO*

A cardiovascular based class designed to improve your most important muscle, your heart. It is an equipment free class with just you and your passion - just add water! Caters to all abilities.

AQUA STRENGTH*

An aquatic based class designed to increase muscle strength and endurance. This equipment based class uses noodles, kickboards and aqua dumbbells as your tools to fight against the war on aging.

AQUA FUSION*

Designed to give you some strength based results while producing cardiovascular changes in your body. If you're short on time, then this is the class for you.

AQUA ZUMBA*

Just add water and shake. Splash your way into shape with an invigorating low impact aquatic exercise.

DEEP WATER (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.