



**WaterMarc™**  
Banyule










## **GROUP EXERCISE TIMETABLE**

**From 8<sup>th</sup> January to 21<sup>st</sup> January 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 | [watermarcbanyule.com.au](http://watermarcbanyule.com.au) | 9422 6111

## GROUP EXERCISE STUDIO

	MON 8/1	TUE 9/1	WED 10/1	THU 11/1	FRI 12/1	SAT 13/1	SUN 14/1
6.05am	 John		<b>BOXING</b> John		 Pete		
7.10am						<b>LES MILLS BODYPUMP</b> Barbara	
8.15am						<b>BOXING</b> Pete	
9.15am	<b>LES MILLS BODYPUMP</b> Denise	<b>LES MILLS BODYSTEP</b> Jade	<b>CIRC-HIIT</b> John	 Lauren	<b>LES MILLS BODYPUMP</b> Allison	<b>LES MILLS BODYPUMP</b> Kylie	<b>LES MILLS BODYATTACK</b> Barbara
10.20am	<b>CIRCUIT</b> Pete		<b>LES MILLS BODYPUMP</b> Kylie	<b>LES MILLS BODYVIVE 3.1*</b> Meredith	 Pete	<b>LES MILLS BODYVIVE 3.1*</b> Tim	<b>LES MILLS BODYSTEP</b> Tim
11.15am						<b>LES MILLS BODYSTEP</b> Tim	<b>LES MILLS SH'BAM</b> Tim
4.00pm						<b>LES MILLS BODYPUMP</b> Allison	<b>LES MILLS BODYPUMP</b> Jess
5.15pm	<b>BOXING</b> Carli		<b>LES MILLS BODYPUMP</b> Allison				
5.30pm		<b>BOXING (40 mins)*</b> 5.15pm for Technique Carli			 Lauren		
6.15pm	<b>LES MILLS BODYPUMP</b> Kylie	<b>LES MILLS BODYATTACK</b> Barbara	<b>CIRC-HIIT</b> Pete	<b>LES MILLS BODYATTACK</b> Jenna			
7.15pm	<b>LES MILLS BODYATTACK</b> Jenna	<b>LES MILLS BODYPUMP</b> Barbara	 Pete	<b>LES MILLS BODYPUMP</b> Sophie			
8.15pm	 Lesley						

## WELLBEING STUDIO

	MON 8/1	TUE 9/1	WED 10/1	THU 11/1	FRI 12/1	SAT 13/1	SUN 14/1
6.05am	<b>LES MILLS BODYPUMP XPRESS CLASS</b> Jenna	<b>PILATES*</b> Suzi	<b>LES MILLS BODYBALANCE*</b> Emily P	<b>PILATES*</b> Meredith			
7.00am	<b>STRENGTHEN, STRETCH &amp; RELAX*</b> Andrea						
9.20am	<b>YOGA BLEND*</b> Robyn	<b>PILATES*</b> Suzi	<b>BARRE SCULPT*</b> Meredith	<b>PILATES*</b> Carole	<b>LES MILLS BODYBALANCE*</b> Gizelle	<b>PILATES*</b> Carole	<b>LES MILLS BODYBALANCE*</b> Carole
10.25am	<b>PILATES*</b> Robyn	<b>LES MILLS CXWORX</b> Jade	<b>LES MILLS BODYBALANCE*</b> Meredith	<b>PILATES, PROPS &amp; STRETCH*</b> Carole	<b>PILATES &amp; STRETCH*</b> Suzi	<b>LES MILLS BODYBALANCE*</b> Gizelle	<b>PILATES, PROPS &amp; STRETCH*</b> Carole
5.00pm							<b>LES MILLS BODYBALANCE*</b> Andrea
5.30pm		<b>LES MILLS CXWORX</b> Carleigh		<b>LES MILLS CXWORX</b> Kate			
6.15pm	<b>BARRE SCULPT*</b> Meredith	<b>PILATES – Beg.*</b> Suzi	<b>LES MILLS BODYBALANCE*</b> Denise	<b>PILATES*</b> Celine			
7.15pm	<b>PILATES*</b> Meredith	<b>LES MILLS BODYBALANCE*</b> Andrea	<b>YOGA BLEND*</b> Jade	<b>LES MILLS BODYBALANCE*</b> Ravyn			
8.15pm	<b>LES MILLS CXWORX</b> Carleigh	<b>POWER PILATES</b> Andrea (30 mins)	<b>PILATES*</b> Celine				

## CYCLE STUDIO

MON 8/1

TUE 9/1

WED 10/1

THU 11/1

FRI 12/1

SAT 13/1

SUN 14/1

6.05am

**LES MILLS  
RPM**  
Ravyn

**LES MILLS  
RPM**  
Ravyn

8.15am

**LES MILLS  
RPM**  
Andrea

9.15am

**CYCLE**  
Kylie

**CYCLE XPRESS**  
Kylie

**CYCLE Xpress**  
Kylie

**LES MILLS  
RPM**  
Silvia

10.20am

**CYCLE Xpress**  
Kylie

6.15pm

**LES MILLS  
RPM**  
30 mins Xpress  
Allison

**LES MILLS  
RPM**  
Carleigh

**LES MILLS  
RPM**  
Allison

**LES MILLS  
RPM**  
Amanda

7.15pm

**LES MILLS  
sprint**  
Carleigh

**LES MILLS  
RPM**  
30 mins Xpress  
Graeme

## WARM WATER PROGRAM POOL

MON 8/1

TUE 9/1

WED 10/1

THU 11/1

FRI 12/1

SAT 13/1

SUN 14/1

8.00am

**AQUA STRENGTH\***  
Carol B

**AQUA STRENGTH\***  
Carleigh

8.30am

9.15am

**AQUA FUSION\***  
Carole R

**AQUA CARDIO\***  
Carleigh

**AQUA STRENGTH\***  
Carol B

9.30am

**AQUA CARDIO\***  
Carol B

10.15am

**AQUA CARDIO\***  
Carol B.

**AQUA CARDIO\***  
Shona

**AQUA FUSION\***  
Carol B

**AQUA FUSION\***  
Carole R

**AQUA ZUMBA\***  
Lesley

**AQUA XPRESS\***  
(30 mins 10.30am)  
Carol B

6.00pm

**AQUA CARDIO\***  
Shona

7.00pm

**AQUA FUSION\***  
Shona

**AQUA FUSION\***  
Carleigh

7.30pm

**AQUA STRENGTH\***  
Carole B.

## 50 METRE POOL

MON

TUE

WED

THU

FRI

SAT

SUN

8.00am

**DEEP WATER**  
Carol R.

**AQUA CARDIO\***  
Carole R.

**AQUA FUSION\***  
Carole R









**AQUA CARDIO\***  
Carole R

9.00am

**AQUA CARDIO\***  
Carol B

Please make sure that you get a wristband from reception to attend any of the Aqua classes (excluding TRI classes). Wristbands are available 1 hour prior to the class commencement time, without any exceptions. If you arrive for a class and it already full, then you may get a wristband for the next class outside of the 1 hour limit.

## GROUP EXERCISE STUDIO

	MON 15/1	TUE 16/1	WED 17/1	THU 18/1	FRI 19/1	SAT 20/1	SUN 21/1
6.05am	 Pete		<b>BOXING</b> John		 John		
7.10am						<b>LES MILLS BODYPUMP</b> Barbara	
8.15am						<b>BOXING</b> John	
9.15am	<b>LES MILLS BODYPUMP</b> Allison	<b>LES MILLS BODYSTEP</b> Jade	<b>CIRC-HIIT</b> John	 Lauren	<b>BOXING</b> John	<b>LES MILLS BODYPUMP</b> Kylie	<b>LES MILLS BODYATTACK</b> Barbara
10.20am	<b>CIRCUIT</b> Pete	<b>LES MILLS SH'BAM</b> Cathy	<b>LES MILLS BODYPUMP</b> Kylie	<b>BOXING</b> Suzi	 John	 Pete	<b>LES MILLS BODYSTEP</b> Tim
11.15am							<b>LES MILLS SH'BAM</b> Tim
4.00pm						<b>LES MILLS BODYPUMP</b> Graeme	<b>LES MILLS BODYPUMP</b> Jess
5.15pm	<b>BOXING</b> Carli		<b>LES MILLS BODYPUMP</b> Jess				
5.30pm		<b>BOXING (40 mins)*</b> 5.15pm for Technique Carli			 Lauren		
6.15pm	<b>LES MILLS BODYPUMP</b> Kylie	<b>LES MILLS BODYATTACK</b> Barbara	<b>CIRC-HIIT</b> Pete	<b>LES MILLS BODYATTACK</b> Jenna			
7.15pm	 Pete	<b>LES MILLS BODYPUMP</b> Barbara	<b>LES MILLS SH'BAM</b> Cathy	<b>LES MILLS BODYPUMP</b> Sophie			
8.15pm	 Lesley						

## WELLBEING STUDIO

	MON 15/1	TUE 16/1	WED 17/1	THU 18/1	FRI 19/1	SAT 20/1	SUN 21/1
6.05am	<b>LES MILLS BODYPUMP XPRESS CLASS</b> Jenna	<b>PILATES*</b> Suzi	<b>LES MILLS BODYBALANCE*</b> Emily P	<b>PILATES*</b> Andrea			
7.00am	<b>STRENGTHEN, STRETCH &amp; RELAX*</b> Andrea						
8.15am							<b>YOGA BLEND*</b> Karina
9.20am	<b>YOGA BLEND*</b> Robyn	<b>PILATES*</b> Cathy	<b>BARRE SCULPT*</b> Carole R	<b>PILATES*</b> Carole	<b>LES MILLS BODYBALANCE*</b> Gizelle	<b>PILATES*</b> Carole	<b>LES MILLS BODYBALANCE*</b> Carole
10.25am	<b>PILATES*</b> Cathy	<b>LES MILLS CXWORX</b> Jade	<b>CORE YOGA*</b> Samantha	<b>PILATES, PROPS &amp; STRETCH*</b> Carole	<b>PILATES &amp; STRETCH*</b> Suzi	<b>LES MILLS BODYBALANCE*</b> Gizelle	<b>PILATES, PROPS &amp; STRETCH*</b> Carole
5.00pm							<b>LES MILLS BODYBALANCE*</b> Andrea
5.30pm		<b>LES MILLS CXWORX</b> Carleigh		<b>LES MILLS CXWORX</b> Kate			
6.15pm	<b>BARRE SCULPT*</b> Natalie	<b>PILATES – Beg.*</b> Suzi	<b>LES MILLS BODYBALANCE*</b> Ravyn	<b>PILATES*</b> Celine	<b>VINYASA YOGA*</b> Candra		
7.15pm	<b>PILATES*</b> Debrah	<b>LES MILLS BODYBALANCE*</b> Andrea	<b>YOGA BLEND*</b> Jade	<b>LES MILLS BODYBALANCE*</b> Ravyn	<b>MEDITATION &amp; RELAXATION*</b> Candra		
8.15pm	<b>LES MILLS CXWORX</b> Carleigh	<b>POWER PILATES</b> Andrea (30 mins)	<b>PILATES*</b> Celine				

## CYCLE STUDIO

MON 15/1

TUE 16/1

WED 17/1

THU 18/1

FRI 19/1

SAT 20/1

SUN 21/1

6.05am

**LES MILLS  
RPM**  
Ravyn

**LES MILLS  
RPM**  
Ravyn

8.15am

**LES MILLS  
RPM**  
Andrea

9.15am

**CYCLE**  
Kylie

**CYCLE XPRESS**  
Kylie

**CYCLE Xpress**  
Kylie

**LES MILLS  
RPM**  
Silvia

10.20am

**CYCLE Xpress**  
Kylie

6.15pm

**LES MILLS  
RPM**  
30 mins Xpress  
Allison

**LES MILLS  
RPM**  
Carleigh

**CYCLE FIT**  
Celine

**LES MILLS  
RPM**  
Amanda

7.15pm

**LES MILLS  
sprint**  
Carleigh

**LES MILLS  
RPM**  
30 mins Xpress  
Graeme

## WARM WATER PROGRAM POOL

MON 15/1

TUE 16/1

WED 17/1

THU 18/1

FRI 19/1

SAT 20/1

SUN 21/1

8.00am

**AQUA STRENGTH\***  
Carol B

**AQUA STRENGTH\***  
Carleigh

8.30am

**AQUA CARDIO\***  
Denise

9.15am

**AQUA FUSION\***  
Carole R

**AQUA CARDIO\***  
Carleigh

**AQUA STRENGTH\***  
Carol B

9.30am

**AQUA FUSION\***  
Denise

10.15am

**AQUA CARDIO\***  
Carol B.

**AQUA ZUMBA\***  
Lesley

**AQUA FUSION\***  
Carole R

**AQUA ZUMBA\***  
Lesley

6.00pm

7.00pm

**AQUA FUSION\***  
Shona

**AQUA FUSION\***  
Carleigh

7.30pm

**AQUA STRENGTH\***  
Carole B.

## 50 METRE POOL

MON

TUE

WED

THU

FRI

SAT

SUN

8.00am

**DEEP WATER**  
Carol R.

**AQUA CARDIO\***  
Carole R

**AQUA FUSION\***  
Carole R

**AQUA CARDIO\***  
Carole R

9.00am

**AQUA CARDIO\***  
Carol B

Please make sure that you get a wristband from reception to attend any of the Aqua classes (excluding TRI classes). Wristbands are available 1 hour prior to the class commencement time, without any exceptions. If you arrive for a class and it already full, then you may get a wristband for the next class outside of the 1 hour limit.

## SENIORS STRENGTH PROGRAM (see class descriptions for meeting points)

MON 15/1

TUE 16/1

WED 17/1

THU 18/1

FRI 19/1

SAT 20/1

SUN 21/1

7.30am

**Greensborough  
Mall Walkers**

**Greensborough  
Mall Walkers**

**Greensborough  
Mall Walkers**

# Class Descriptions

## GROUP EXERCISE

### 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.

#### BODY VIVE\* (45 mins)

The optimal mix of strength, cardio and core training. The mix of lunges, squats, running and tubing exercises with great music leave you buzzing with energy and feeling great. For 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 hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and 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 and into the 'Training Zone' and improve your 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 (50 – 60 mins)

A mix of strength training and high intensity cardio intervals.

#### CIRCUIT (50 – 60 mins)

A traditional circuit training class that consists of stations. Different exercises at each station so that your entire body gets a great workout. Suitable for all fitness levels. There will be some basic boxing in this class.

#### METAFIT (30 mins)


A non-choreographed, 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.

#### 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.

 These classes have not been well attended and if class participation doesn't improve then they may be cancelled.

## 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. A class designed to work every muscle in the body and to improve blood circulation leaving you with a sense of well-being.

#### 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.

**Core Yoga** is a blend of yoga and pilates with a strong focus on core control and strength.

**MEDITATION** is 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.

#### CYCLE FIT (45 mins)

A freestyle cycle class with more emphasis on 'training'. Each class will be goal and performance driven with participants watching their power output. Fitness tests and time trials will sometimes be a part of the class. Individuals work to their own limits and are only competing against themselves.

#### 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 PROGRAM

**SENIOR STRENGTH Falls Prevention\* (Wellbeing Studio)** The 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.

#### SENIOR STRENGTH Circuit\* (Meet outside the gym)

Circuit style class in the gym suitable for older adults.

#### SENIOR STRENGTH Yoga\* (Wellbeing Studio)

A 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.

#### SENIOR STRENGTH CXworx\* (Wellbeing Studio)

Taught with older adults in mind, the instructor will take extra time to help with technique and offer alternatives for anyone with injuries or other constraints. Fifteen minutes stretch at the end. A fantastic way for people to transition into group fitness or a gym program.

#### 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.

## 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.

## 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.