

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	<b>Women's Bootcamp</b> *Enquire within		<b>Women's Bootcamp</b> *Enquire within		<b>Women's Bootcamp</b> *Enquire within		
6:00am	<b>'PUMP IT' (30mins)</b> *In the gym area	 <b>LES MILLS RPM EXPRESS</b> (BOOKINGS REQUIRED)	<b>'PUMP IT' (30mins)</b> *In the gym area	 <b>LES MILLS RPM EXPRESS</b> (BOOKINGS REQUIRED)			
7:45am						<b>Women's Bootcamp</b> *Enquire within	
8:00am	<b>FIT N FAB</b>		<b>FIT N FAB</b>		<b>FIT N FAB</b>		
9:00am	<b>INTERVAL (30min)</b>	<b>CIRCUIT (30min)</b>		<b>'PUMP IT' (30min)</b>	<b>INTERVAL (30min)</b>	<b>COMBO (30min)</b>	
9:30am				<b>STRETCH (30min)</b>			
10:00am							
10:30am				<b>PILATES</b> (BOOKINGS REQUIRED)			
5:10pm							
5:30pm							
6:00pm	<b>COMBO (30min)</b>	<b>CIRCUIT (30min)</b>	<b>INTERVAL (30min)</b>				
6:30pm	<b>Women's Bootcamp</b> *Enquire within	<b>Women's Bootcamp</b> *Enquire within		<b>Women's Bootcamp</b> *Enquire within			

55 min class

40 min class



**\*Women's Bootcamp sessions are not included in the Your Gym membership. Please enquire within if you are interested**

Virtual Class  
On Demand

You can call and book your favourite virtual class to play when you want (outside scheduled classes). Give us at least 60mins to organise your class.

**Your Gym Opening Hours**

Staffed Hours	
Monday to Thursday	6:00am – 12pm & 4pm – 8pm
Friday	6:00am – 12pm & 4pm – 7pm
Saturday and Sunday	8am – 12pm
Public Holiday.	8am - 1pm
Closed	Good Friday/Easter Sunday/Xmas Day/ New Year's Day

## Group Fitness Class Descriptions

CLASS	INTENSITY	CLASS DESCRIPTION
<b>VIRTUAL BODYPUMP®</b>	Low-High	A Les Mills Body Training System. BODYPUMP works all the major muscle groups of your body, using adjustable weight loaded barbells at your own level and set to fantastic music. BODYPUMP tones and builds lean muscle mass for rapid fat burning. No aerobics or coordination involved.
<b>VIRTUAL BODYBALANCE®</b>	Low-High	Combines Yoga, Tai Chi and Pilates to build flexibility and strength, leaving you feeling centered 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
<b>VIRTUAL BODYCOMBAT®</b>	Med-High	Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.
<b>VIRTUAL CORE®</b>	Low-High	This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention
<b>VIRTUAL RPM®</b>	Low-High	A non-impact 45min cycling session that uses different speeds, positions and resistance levels.
<b>VIRTUAL SH'BAM®</b>	Low-Med	A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!
<b>COMBO</b>	Low-Med	A session that combines weight training and cardio that will get your heart rate up and increase your Stamina! A great combination as every class will be different and fun!!!
<b>CIRCUIT</b>	Med-High	A session using a combination of aerobic and resistance stations. A great combination that provides an excellent base for cross-training, endurance and flexibility.
<b>FIT N FAB</b>	Low-Med	This class is designed to motivate and encourage the older clients to get "FIT N FAB"! These classes incorporate the usage of - weight training, fitball exercises and circuit style structures. Anyone is welcome to participate in these classes as you will not only work on strength, balance and fitness, but you will have fun whilst you are doing it!! Give it a go!!
<b>INTERVAL</b>	Med-High	Combing resistance training with short sharp spurts of exercises to get your heart pumping! Using both weights and cardio exercises...You will challenge yourself to the next level.
<b>PILATES</b>	Low-Med	Pilates is a safe, non-impact routine to strengthen and elongate deeper postural muscles. It is one of the most highly regarded exercise techniques for holistic body conditioning.
<b>PUMP IT</b>	Med-High	Combines both free weights and bar bells. Using bar bells and plates you will work your entire body, building strength and toning up!
<b>Women's Bootcamp</b>	Low-Med	These sessions are designed for the beginners and less experienced participants, however anyone can join in as the sessions are catered for all levels of ability and experience. You will experience a variety of different training methods, weight training, boxing, circuit training and many more. Every session will be different, and you will be able to build your confidence whilst being a part of a community. You will feel comfortable when you walk in the door. This is separate to Your Gym membership, please enquire within