










May 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	LES MILLS BODYPUMP 	LES MILLS RPM EXPRESS  (BOOK AT RECEPTION)	SUPER CIRCUIT	CYCLING (BOOK AT RECEPTION)	SUPER CIRCUIT		
6:45am		LES MILLS CXWORX 					
8:00am	FIT N FAB		FIT N FAB		FIT N FAB		
8:30am						CARDIO CIRCUIT	
9:00am		ABS BLITZ (20mins)			LES MILLS BODYPUMP EXPRESS 	BODY PUMP	LES MILLS BODYCOMBAT EXPRESS 
9:30am	H.I.I.T	INTERVAL	BOXING (30mins)	SUPER CIRCUIT	LES MILLS RPM EXPRESS 		BODY PUMP
10:30am		STRETCH (30mins)		PILATES			
11:00am						PILATES	
4:30pm					LES MILLS BODYCOMBAT EXPRESS 		
5:00pm					LES MILLS BODYPUMP 		
5:30pm	LES MILLS BODYCOMBAT EXPRESS 	FITBALL (30mins)	VINYASA YOGA	MIX IT UP (30mins)			
6:00pm	ABS BLITZ (20mins)	CYCLE & PUMP (30mins)		CYCLE & PUMP (30mins)			
6:30pm	INTERVAL (30mins)		ABS BLITZ (20mins)				
7:30pm	VINYASA YOGA						

55 min class

45 min class



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. You could bring your friends and have your own private class!!

Group Fitness Class Descriptions

CLASS	INTENSITY	CLASS DESCRIPTION
BODYPUMP	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.
BODYSTEP	Low-High	A Les Mills Body Training System. The best butt and thigh workout in the gym! BODYSTEP is an addictive and motivating class with great music for the newest to the most athletic participant. It is fat burning with a difference, combining rhythm & energy with an effective body workout for fast results.
VIRTUAL BODYBALANCE®	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
VIRTUAL BODYCOMBAT®	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.
CYCLING/RPM®	Low-High	A non-impact 45min cycling session that uses different speeds, positions and resistance levels. Bookings required. (\$5 fee applies for non-attendance)
VIRTUAL CXWORX®	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
FITBALL	Low-Med	You'll have a ball in this class! Experience the fun of combining strength training and core training on a fitball. You will never look at a fitball the same again!
FIT N FAB	Low-High	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!!
H.I.I.T.	Med-High	HIIT , or high-intensity interval training , is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time
INTERVAL	Med-High	Combing resistance training with short sharp spurts of exercises to get your heart pumping! Interval training is a type of training that involves a series of low- to high-intensity exercise workouts interspersed with rest or relief periods. Using both weights and cardio exercises...You will challenge yourself to the next level!
MIX IT UP	Med-High	If you love variety, this class is for you. Over a 4-5 week block you will be challenged with different forms of training in a variety of sessions. (please check notice board for session types and dates)
PILATES	Low-High	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.
SUPER CIRCUIT	Low-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.
VIRTUAL SH'BAM	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!
VINYASA YOGA	Low-Med	Vinyasa and slow flow and yin style. This class can serve a wide range of students from the total beginner, the young and flexible, to the seasoned yogi, those with injuries and in advanced years. The classes are dynamic and flowing offering an athletic style of yoga partnered with a focus on breathing to create a mind body balance. They incorporate a restorative style to aid in recuperation of bodies suited to each individual.

Opening Hours

Monday to Thursday	5:30am – 9pm
Friday	5:30am – 8pm
Saturday and Sunday	8am – 6pm
Public Holidays	8am – 1pm
Xmas Period	Reduced Hours