GROUP FITNESS TIMETABLE – 17th – 23rd January 2022

Time	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st	Saturday 22nd	Sunday 23rd
6:10AM	Metafit Jas	Les Mills Core Mel B	Body Pump Janny	Metafit Jas			
9.00AM						Body Pump Andrea	Body Step Tara
9:30AM	Body Pump Mon		Body Pump Mon	Body Combat Mel J	Body Pump Kylie		
10.15AM		HIIT Diane		Les Mills Core Mon		Body Attack Exp Andrea	Body Balance Nicole
10:45AM	Body Balance Mon		Mat Pilates Claire		Body Balance Kylie		
11.00AM		Yoga Kaz		Yoga Kaz			
12.00PM	Active Adults Claire		Active Adults Claire		Active Adults Tania		
1.00PM	Mat Pilates Claire						
5:30PM	Body Pump Mon	Les Mills Core Mon	Body Pump Katie	Body Attack Tim	Yoga Katie		
6:15PM		Body Step Tara					
6:45PM			Body Balance Katie				

CYCLE CLASSES

Time	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st
9.15AM		Sprint/RPM Tiz			
6.00PM			Sprint/RPM Tiz	RPM Nicole	
7:00PM		Sprint Janny			

AQUA CLASSES

Time	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st	Saturday 22nd
9.15AM						Aquafit Tara
10.00AM	Aqua Mild Claire	Aqua Mild Tiz	Aqua Mild Tania	Aqua Mild Tara	Aqua Mild Tania	
11.00AM	Warm Water Ex Claire	Warm Water Ex Tiz	Warm Water Ex Tania	Warm Water Ex Tara	Warm Water Ex Tania	
6.00PM		Aquafit Janny		Aquafit Tara		

LES MILLS CLASSES

BODY ATTACK 55mins
Body Attack is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODY BALANCE 55mins
Body Balance is a Yoga, Tai Chi and Pilates based class that improves your mind, body and life. You will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm, centred and happy.

BODY COMBAT 55mins
Body Combat is a high energy martial arts inspired workout. You'll punch and kick your way to fitness. This full body workout is non-contact. You'll release stress, have a blast and feel like a champ.

BODY PUMP 55mins
Body Pump is a weight based class that strengthens and tones your entire body to ensure you get results — fast. Body Pump challenges all of your major muscle groups by using strength exercises such as squats, presses, lifts and curls.

LES MILLS CORE 30mins
A strong core equals a strong body. Be guided through resistance tube, weight plate, and body weight exercises that target the torso and sling muscles and are adaptable to any level of fitness.

LESMILLS SPRINT 30mins
Push your limits with this high intensity, low impact indoor spin workout. Alternate bursts of intensity with periods of rest to reach your fitness goals fast and burn calories for hours.

LES MILLS RPM 45 mins
RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact, and you can burn up to 500 calories a session. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

SH'BAM EXPRESS 30mins
Get your heart rate up with a series of simple dance moves during this insanely addictive party workout. No dance experience necessary.

BODY STEP 55mins
Using a step with adjustable risers to suit the participants level of fitness, Body Step is a cardio workout great for building up your fitness, with a little sense of added fun.

CLASS DESCRIPTIONS

FREESTYLE CLASSES

PILATES 45mins
Pilates will help improve posture, core strength and flexibility which is great for injury prevention. Caters to all fitness levels with a combination of balance and floor work.

METAFIT 30mins
Metafit is a high intensity cardio HIIT workout that uses a variety of body weight exercises to get results fast.

GENERAL YOGA 50mins
A class which focuses on key postures and correct alignment, combining simple sequences with great posture. The class incorporates the yoga philosophy of combining movement with breath to allow you to feel the full benefits of a strong, healthy, and calm mind and body. With a beautiful Savasana (relaxation) to finish.

AQUAFIT 45mins
A non-impact water-based fitness class that uses a combination of exercises to increase cardio fitness, using noodles and/or aqua dumbbells to help shape and tone your entire body.

AQUA MILD 45mins
Improve muscle tone and keep fit with this great blend of cardio and resistance training. Aqua aerobics offers a gentle, low impact style of exercise for all ages and abilities.

WARM WATER AQUA 30mins
A gentle form of aqua exercise held in the hydrotherapy pool. The class is low intensity and has ramp access.

ACTIVE ADULTS 45mins
A low impact strength and aerobic class to keep your body moving, using simple routines, stretches, and light weights to improve strength and bone health.

Gurri Wanyarra WELLBEING CENTRE