

GROUP FITNESS TIMETABLE



SINGLETON
ACTIVE

Starting Monday 11th January 2021

- Aqua
- Wellness
- Gold
- Les Mills

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---------------------------------|-------------|---------------------------------|----------------|------------------|----------------------|
| 5:30am | | Spin (45) | | Spin (45) | Spin (45) | |
| 6:00am | Pump (60) | | Grit/Stretch (45) | | Grit (30) | |
| 6:30am | | | | Core (30) | | |
| 8:00am | Gold Active (45) | | Yoga (60) | | Gold Active (45) | Circuit Sat Mix (60) |
| | | | Gold Aqua (45) | | Gold Aqua (45) | |
| 9:15am | Spin (45) | Pump (60) | Boxing (45) | Bootcamp (60) | Pump (60) | |
| | Hitt (45) | | | | Fit Swim (60) | |
| 9:30am | | Aqua (45) | | Aqua (45) | | |
| 10:30am | Fit Swim (60) | | | Yoga (60) | | |
| 12:30pm | | Tabata (30) | Strength (30) | Grit (30) | | |
| 3:45pm | Teen Gym (45) *11-15yrs Only | | Teen Gym (45) *11-15yrs Only | | | |
| 5:15pm | Circuit (60) | Boxing (45) | | | | |
| 5:30pm | | Spin (45) | | Grit/Core (45) | | |
| 6:00pm | | | Pump (45) | | | |
| 6:15pm | | Yoga (60) | | Yoga (60) | | |
| 6:30pm | Aqua (45) | | Aqua (45) | | | |



Singleton Gym & Swim Centre

1416 Civic Avenue
Singleton, NSW, 2330
02 6572 1359

singletongymswim.com.au

*(number) indicates length of time in minutes

CLASS DESCRIPTIONS



GOLD

Tailored Exercise Programs for our Over 55's. Stay fit, healthy and socially connected. Gold Active Classes utilize fitballs, therabands, step boxes and other equipment for functional fitness.

PUMP

Body Pump is Les Mills most popular class!! A barbell class that will challenge you and strengthen and tone your whole body.

GRIT / HITT

Always challenging! Sessions combines Cardio, Strength and Plyometric moves for a full body workout. Designed to get you fit and results real fast!

BOXING

45 mins "Boxing for Fitness" with the use of focus pads, bags, medicine balls, skipping ropes. A fun, challenging workout everytime.

*** ALL PARTICIPANTS MUST PROVIDE AND WEAR INNERS FOR PERSONAL HYGIENE***

CIRCUIT / BOOTCAMP

Fun, challenging and full of variety. Combine Strength, Power, Cardio and Endurance in circuit style formats. Interval training consisting of equipment and body weight to take your fitness to a new level.

CORE

30mins Total core activation. Working abdominals and all those muscles that make up your posterior chain. Strengthen your core or work on your "6 pack" whatever your goal this class is a must!

YOGA

Our yoga classes will improve your flexibility and ROM, help blood flow to help your muscles recover. Improve your strength, balance and posture. Followed by a relaxation/meditation phase.

SPIN

Fast paced indoor cycling experience at its finest. A challenging cardio workout including sprints, hills and intervals. Never boring and always challenging.

TABATA

30min HITT Training. 20secs work and 10sec recoveries. Short, sharp and intense. This freestyle class will drive your heart rate through the roof!

STRENGTH

Interval Training with the prime focus of using Postural and Functional Strength moves with the use of equipment and body weight. Class with include a Warm Up and Cool Down. Time Poor? No Excuses, 30mins ONLY!

AQUA

45min Challenging Workouts in the pool without the impact on your joints. A perfect medium to strengthen and tone muscles in a super fun environment.

FITSWIM

1hr Adult Squad Training Session. Get fitter, improve your stroke and have fun swimming in a team environment. Programs vary from 2 - 2.5kms per session

TEEN GYM

A 45min Class designed for 11-15yr olds to introduce them to the Gym environment and weight training. A mixture of Cardio, Strength and Core Training focusing on techniques, fitness and fun in a safe environment. All sessions are Supervised and run by qualified Fitness Trainers.