

# JOIN OUR GROUP FITNESS CLASSES TODAY!



**SINGLETON**  
ACTIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30AM		Spin (45)		Spin (45)	Spin (45)	
6.00AM	Pump (60)	Attack (45)	Grit (30)		Grit (30)	
6.30AM				Core (30)		
7.00AM						Bootcamp (60)
8.00AM	Gold Circuit (45)	Mat Pilates (45)	Yoga (60)		Gold Active (45)	
	Gold Aqua (45)		Gold Aqua (45)		Gold Aqua (45)	
9.15AM	Boxing (60)	Pump (60)	Attack (45)	Bootcamp (60)	Pump (60)	
	Spin (45)		Swim Fit (60)			
9.30AM		Aqua (45)		Aqua (45)		
10.30AM	Swim Fit (60)			Yoga (60)	Mat Pilates (45)	
12.30PM		Tabata (30)	Strength (30)	Grit (30)		
5.15PM	Circuit (60)					
5.30PM		Spin (45)		Boxing (45)		
6.00PM			Pump (45)			
6.15PM		Yoga (60)		Yoga (60)		
6.30PM	Aqua (45)		Aqua (45)			

■ Aqua
 ■ Wellness
 ■ Gold
 ■ Les Mills

## CLASS DESCRIPTIONS

### GOLD (45 MINS)

Tailored Exercise Programs for people over 55. Stay fit, healthy and socially connected. Choose from land or water based activities. Gold Active classes utilise fitballs, therabands and other equipment for functional fitness

### PUMP (60MINS)

Body Pump is Les Mills most popular Class!!! A barbell class that will challenge you and strengthen and tone your whole body in 1hr.

### GRIT (30MINS)

30min HITT Training at its best. Always challenging! Les Mills Grit combines cardio, strength and plyometric moves for a full body workout. Designed to get you fit and results real fast!

### ATTACK (45MINS)

A 45mins sports inspired cardio workout. Les Mills Body Attack improves strength, agility and cardio fitness with a combination of Lo and Hi impact exercise options.

### CIRCUIT/BOOTCAMP (60MINS)

Fun, Challenging and full of variety - NO class will ever be the same. Combining Strength, Power, Cardio and Endurance in multiple stations consisting of equipment and body weight to take your fitness to a new level

### BOXING (45MINS/60MINS)

Boxing for Fitness with the use of focus pads, bags, medicine balls, skipping ropes. Fun, challenging workout everytime.

### STRENGTH (30MINS)

Interval training with the focus of postural and functional strength moves with the use of equipment and body weight. Class will include warm up and cool down. Time poor? No excuses. 30mins Only!

### CORE (30MINS)

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

### YOGA (60 MINS)

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 relaxation/meditation phase.

### SPIN (45MINS)

45min fast paced indoor cycling experience at its finest. A challenging cardio workout including sprints, hills and intervals. Never boring and always challenging.

### AQUA (45MINS)

45mins challenging workouts in the pool without the impact on your joints. A perfect medium to strengthen and tone muscles in a super fun environment.

### SWIM FIT (60MINS)

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

### TABATA (30MINS)

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

### MAT PILATES (45MINS)

Controlled breathing during body weight resisted movement to build a strong CORE.