

# Group Fitness Timetable

Classes highlighted in **YELLOW** are available in person or online via ZOOM. Chat to our team for details.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am				Les Mills RPM (30min)		
6:00am	Circuit	HIIT	Strength	Core/Stretch	Les Mills RPM	
8:00am	Gold Active		Gold Active		Stretch and Flex	Circuit
	Gold Aqua		Gold Aqua		Gold Aqua	
9:15am	SPIN	Les Mills Pump	Strength	Grit/Pilates Combo	Les Mills Pump	
	Circuit					
9:30am		Aqua		Aqua		
10:30am	FAMFIT	FAMFIT	FAMFIT	Yoga	FAMFIT	
12:00pm (30min)	Full Body Workout	Full Body Workout	Full Body Workout	Full Body Workout	Full Body Workout	
3.45pm	Teen Gym		Teen Gym			
4.30pm						
5:15pm	Les Mills Pump	Boxing	Functional	Strength		
		SPIN		SPIN		
6.15pm		Yoga		Yoga		
6.30pm	Aqua		Aqua			

**Les Mills RPM/SPIN** – Group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. - Bookings are essential.

**Les Mills Pump** – Features 10 tracks with each focusing on a different muscle group, using barbells, weight plates and body weight.

**Functional** - A full body workout that combines cardio, free-weights and body-weight movements designed to increase strength and burn fat

**Boxing** – A cardiovascular class based on the training used for boxing. It can be done with a partner using pads and gloves or solo using dumbbells.

**Strength** – Strength based class using weight plates. The focus is to build muscle and learn correct form. Utilising methods of resistance training such as controlled movements, pauses, time under tension and more.

**Full Body Workout** – 30 minute indoor or outdoor high calorie burning class. A mix of interval and strength training.

**Teen Gym** – Specially designed group fitness class for teens aged 11-15 years, providing an introduction to the gym floor and fitness.

**Aqua** – A low impact but high intensity water aerobics class designed to improve flexibility, range of motion, strength and cardiovascular endurance.

**Yoga** – Yoga focuses on the alignment of the whole body whole holding poses that support the spine and bring awareness of breath with movement.

**Stretch and Flex** – A gentle stretch class for all levels of flexibility.

**FAMFIT** – A family-based fitness class, where children of all ages are welcome, alternating between strength and cardio workouts, where the kids can get involved or do their own thing while the adults get in a killer workout.

**Circuit** – High energy and fast-paced, move your way around different exercise stations, performing each exercise as many times as possible in a set time.

**Gold Classes** – Best-suited for over 55s age group but open to everyone!

**Grit/Pilates Combo** – 30 minutes HIIT workout followed by 30 minutes of improving flexibility and strength through controlled movements

**HIIT** – High Intensity Interval Training with minimal rest periods.