

# GROUP FITNESS

## CHRISTMAS TIMETABLE

18<sup>th</sup> December 2023 to 28 January 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18-Dec-22	19-Dec-22	20-Dec-22	21-Dec-22	22-Dec-22	23-Dec-22	24-Dec-22
Morning Classes						
6.10am - 7.00am RPM	6.10am - 7.00am FitHIIT	6.10am - 7.00am RPM	6.10am - 7.00am FitCIRCUIT	6.10am – 7.00am Soft Flow Yoga (Studio 2)		
	7.15am-7.45am VIRTUAL CORE		7.15am-7.45am VIRTUAL CORE	6.10am - 7.00am RPM	8.30am - 9.00am VIRTUAL CORE	8.30am - 9.00am VIRTUAL CORE
9.15am -10.15am Body Pump	9.15am -10.15am Strength Stretch Balance	9.15am -10.15am Body Pump	9.15am -10.15am Strength Stretch Balance	9.15am -10.15am Body Pump	9.15am -10.15am VIRTUAL BODY ATTACK	9.15am -10.15am VIRTUAL RPM
12.15pm - 3.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking					10.30am -11.30am VIRTUAL BODY BALANCE	10.30am -11.30am VIRTUAL BODY COMBAT
Evening Classes						
4.00pm-5.00pm VIRTUAL BODY COMBAT	4.00pm-5.00pm VIRTUAL RPM	4.30pm-5.00pm VIRTUAL CORE	4.00pm-5.00pm VIRTUAL BODY ATTACK	4.00pm-5.00pm VIRTUAL BODY BALANCE	1.00pm - 2.00pm VIRTUAL BODY PUMP	1.00pm - 2.00pm VIRTUAL Sh'BAM
5.30pm - 6.30pm Body Pump	5.30pm - 6.30pm BoxFIT	5.15pm-5.45pm Core	5.30pm - 6.30pm RPM	5.30pm - 6.30pm BoxFIT	2.30pm - 3.00pm VIRTUAL CORE	2.30pm - 3.00pm VIRTUAL CORE
5.30pm - 6.30pm Vinyasa Yoga (Studio 2)		6.00pm-7.00pm Body Pump	5.30pm - 6.30pm Vinyasa Yoga (Studio 2)		3.30pm - 4.30pm VIRTUAL Sh'BAM	3.30pm - 4.30pm VIRTUAL BODY BALANCE
6.45pm - 8.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make booking		7.30pm - 8.30pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL	6.45pm - 8.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make booking			
Aquatic Classes						
		7.00am – 7.50am Deep Water Running		7.00am – 7.50am Deep Water Running		
	9.10am –10.00am Aqua Circuit			9.10am –10.00am Aqua Easy		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25-Dec-22	26-Dec-22	27-Dec-22	28-Dec-22	29-Dec-22	30-Dec-22	31-Dec-23
Morning Classes						
CHRISTMAS DAY Facility Closed	Public Holiday Operating Hours 8am-6pm	6.10am-7.10am VIRTUAL RPM	6.10am-7.10am VIRTUAL BODY ATTACK	6.10am-7.10am VIRTUAL RPM	8.30am - 9.00am VIRTUAL CORE	8.30am - 9.00am VIRTUAL CORE
		9.15am-10.15am Body Pump	9.15am – 10.15am Strength Stretch Balance	9.15am-10.15am Body Pump	9.15am -10.15am VIRTUAL BODY ATTACK	9.15am -10.15am VIRTUAL RPM
	9.15AM-10.15AM VIRTUAL BODY BALANCE	12.15pm - 3.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking			10.30am -11.30am VIRTUAL BODY BALANCE	10.30am -11.30am VIRTUAL BODY COMBAT
	Evening Classes					
	3.30pm-4.30pm VIRTUAL RPM	4.30pm-5.00pm VIRTUAL CORE	4.00pm-5.00pm VIRTUAL BODY ATTACK	4.00pm-5.00pm VIRTUAL BODY BALANCE	1.00pm - 2.00pm VIRTUAL BODY PUMP	1.00pm - 2.00pm VIRTUAL Sh'BAM
		5.30PM-6.30PM VIRTUAL BODY PUMP	5.30PM-6.30PM VIRTUAL RPM	5.30PM-6.30PM VIRTUAL BODY COMBAT	2.30pm - 3.00pm VIRTUAL CORE	2.30pm - 3.00pm VIRTUAL CORE
		6.45pm - 8.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL	6.45PM-7.45PM VIRTUAL BODY BALANCE	6.45pm - 8.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL	3.30pm - 4.30pm VIRTUAL SH'BAM	3.30pm - 4.30pm VIRTUAL BODY BALANCE
Aquatic Classes						
		7.00am – 7.50am Deep Water Running		7.00am – 7.50am Deep Water Running		
				9.10am –10.00am Aqua Easy		

Please ensure you arrive to class 5-10mins prior to start time as late arrivals may be refused entry.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1-Jan-24	2-Jan-24	3-Jan-24	4-Jan-24	5-Jan-24	6-Jan-24	7-Jan-24
Morning Classes						
Public Holiday Operating Hours 8am-6pm	6.10am - 7.00am FitHIIT	6.10am – 7.00am RPM	6.10am – 7.00am FitCIRCUIT	6.10am – 7.00am Soft Flow Yoga (Studio 2)	8.30am - 9.00am VIRTUAL CORE	8.30am - 9.00am VIRTUAL CORE
	7.15am-7.45am VIRTUAL CORE		7.15am-7.45am VIRTUAL CORE	6.10am – 7.00am RPM Virtual	9.15am -10.00am VIRTUAL BODY ATTACK	
9.15AM-10.15AM VIRTUAL BODY PUMP	9.15am -10.15am Strength Stretch Balance	9.15am – 10.15am BODYPUMP	9.15am -10.15am Strength Stretch Balance	9.15am-10.15am BODYPUMP	10.15am-11.15am YIN YOGA (Studio 2)	9.15am–10.15am SPIN
	12.15pm - 3.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking					10.30am -11.30am VIRTUAL BODY COMBAT
Evening Classes						
3.30pm-4.30pm VIRTUAL BODY COMBAT	4.00pm-5.00pm VIRTUAL RPM	4.30pm-5.00pm VIRTUAL CORE	4.00pm-5.00pm VIRTUAL BODY ATTACK	4.00pm-5.00pm VIRTUAL BODY BALANCE	1.00pm - 2.00pm VIRTUAL BODY PUMP	1.00pm - 2.00pm VIRTUAL Sh'BAM
Facility closes at 6pm	5.30pm - 6.30pm BoxFIT	5.30pm-6.30pm BODYPUMP	5.30pm - 6.30pm RPM	5.30pm - 6.30pm BoxFIT	2.30pm - 3.00pm VIRTUAL CORE	2.30pm - 3.00pm VIRTUAL CORE
			5.30pm - 6.30pm Vinyasa Yoga (Studio 2)		3.30pm - 4.30pm VIRTUAL SH'BAM	3.30pm - 4.30pm VIRTUAL BODY BALANCE
	6.45pm - 8.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking					
Aquatic Classes						
		7.00am – 7.50am Deep Water Running		7.00am – 7.50am Deep Water Running		
	9.10am –10.00am Aqua Easy			9.10am –10.00am Aqua Easy		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-Jan-24	9-Jan-24	10-Jan-24	11-Jan-24	12-Jan-24	13-Jan-24	14-Jan-24
Morning Classes						
6.10am – 7.00am RPM	6.10am - 7.00am FitHIIT	6.10am – 7.00am RPM	6.10am – 7.00am FitCIRCUIT	6.10am – 7.00am Soft Flow Yoga (Studio 2)	8.30am - 9.00am VIRTUAL CORE	8.30am - 9.00am VIRTUAL CORE
	7.15am-7.45am VIRTUAL CORE		7.15am-7.45am VIRTUAL CORE	6.10am – 7.00am RPM	9.15am -10.00am VIRTUAL BODY ATTACK	
9.15am-10.15am BODYPUMP	9.15am -10.15am Strength Stretch Balance	9.15am – 10.15am BODYPUMP	9.15am -10.15am Strength Stretch Balance	9.15am-10.15am BODYPUMP	10.15am-11.15am YIN YOGA	9.15am–10.15am SPIN
12.15pm - 3.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking						10.30am -11.30am VIRTUAL BODY COMBAT
Evening Classes						
4.00pm-5.00pm VIRTUAL BODY COMBAT	4.00pm-5.00pm VIRTUAL RPM	4.30pm-5.00pm VIRTUAL CORE	4.00pm-5.00pm VIRTUAL BODY ATTACK	4.00pm-5.00pm VIRTUAL BODY BALANCE	1.00pm - 2.00pm VIRTUAL BODY PUMP	1.00pm - 2.00pm VIRTUAL Sh'BAM
5.30pm - 6.30pm Body Pump	5.30pm - 6.30pm BoxFIT	5.30pm-6.30pm BODYPUMP	5.30pm - 6.30pm RPM	5.30pm - 6.30pm BoxFIT	2.30pm - 3.00pm VIRTUAL CORE	2.30pm - 3.00pm VIRTUAL CORE
5.30pm - 6.30pm Vinyasa Yoga (Studio 2)			5.30pm - 6.30pm Vinyasa Yoga (Studio 2)		3.30pm - 4.30pm VIRTUAL SH'BAM	3.30pm - 4.30pm VIRTUAL BODY BALANCE
6.45pm - 8.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking						
Aquatic Classes						
		7.00am – 7.50am Deep Water Running		7.00am – 7.50am Deep Water Running		
6.10pm - 7.00pm Deep Water Running	9.10am –10.00am Aqua Easy			9.10am –10.00am Aqua Easy		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15-Jan-24	16-Jan-24	17-Jan-24	18-Jan-24	19-Jan-24	20-Jan-24	21-Jan-24
Morning Classes						
6.10am – 7.00am RPM	6.10am - 7.00am FitHIIT	6.10am – 7.00am RPM	6.10am – 7.00am FitCIRCUIT	6.10am – 7.00am Soft Flow Yoga (Studio 2)	8.30am - 9.00am VIRTUAL CORE	8.30am - 9.00am VIRTUAL CORE
	7.15am-7.45am VIRTUAL CORE		7.15am-7.45am VIRTUAL CORE	6.10am – 7.00am RPM	9.15am -10.00am VIRTUAL BODY ATTACK	
9.15am-10.15am BODYPUMP	9.15am -10.15am BODYBALANCE	9.15am – 10.15am BODYPUMP	9.15am -10.15am BODYBALANCE	9.15am-10.15am BODYPUMP	10.15am-11.15am YIN YOGA	9.15am–10.15am SPIN
12.15pm - 3.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking						10.30am -11.30am VIRTUAL BODY COMBAT
Evening Classes						
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5.30pm - 6.30pm Body Pump	5.30pm - 6.30pm BoxFIT	5.30pm-6.30pm BODYPUMP	5.30pm - 6.30pm RPM	5.30pm - 6.30pm BoxFIT	2.30pm - 3.00pm VIRTUAL CORE	2.30pm - 3.00pm VIRTUAL CORE
5.30pm - 6.30pm Vinyasa Yoga (Studio 2)			5.30pm - 6.30pm Vinyasa Yoga (Studio 2)		3.30pm - 4.30pm VIRTUAL SH'BAM	3.30pm - 4.30pm VIRTUAL BODY BALANCE
6.45pm - 8.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking						
Aquatic Classes						
		7.00am – 7.50am Deep Water Running		7.00am – 7.50am Deep Water Running		
6.10pm - 7.00pm Deep Water Running	9.10am –10.00am Aqua Easy			9.10am –10.00am Aqua Easy		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22-Jan-24	23-Jan-24	24-Jan-24	25-Jan-24	26-Jan-24	27-Jan-24	28-Jan-24
Morning Classes						
6.10am – 7.00am RPM	6.10am - 7.00am FitHIIT	6.10am – 7.00am RPM	6.10am – 7.00am FitCIRCUIT	Public Holiday Operating Hours 8am-6pm	8.30am - 9.00am VIRTUAL CORE	8.30am - 9.00am VIRTUAL CORE
	7.15am-7.45am VIRTUAL CORE		7.15am-7.45am VIRTUAL CORE		9.15am -10.00am VIRTUAL BODY ATTACK	
9.15am-10.15am BODYPUMP	9.15am -10.15am BODYBALANCE	9.15am – 10.15am BODYPUMP	9.15am -10.15am BODYBALANCE	9.15AM-10.15AM  VIRTUAL BODYPUMP	10.15am-11.15am  YIN YOGA	9.15am–10.15am  SPIN
12.15pm - 3.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking						10.30am -11.30am VIRTUAL BODY COMBAT
Evening Classes						
4.00pm-5.00pm VIRTUAL BODY COMBAT	4.00pm-5.00pm VIRTUAL RPM	4.30pm-5.00pm VIRTUAL CORE	4.00pm-5.00pm VIRTUAL BODY ATTACK	3.30pm-4.30pm VIRTUAL BODY BALANCE	1.00pm - 2.00pm VIRTUAL BODY PUMP	1.00pm - 2.00pm VIRTUAL Sh'BAM
5.30pm - 6.30pm Body Pump	5.30pm - 6.30pm BoxFIT	5.30pm-6.30pm BODYPUMP	5.30pm - 6.30pm RPM		2.30pm - 3.00pm VIRTUAL CORE	2.30pm - 3.00pm VIRTUAL CORE
5.30pm - 6.30pm Vinyasa Yoga (Studio 2)			5.30pm - 6.30pm Vinyasa Yoga (Studio 2)		3.30pm - 4.30pm VIRTUAL SH'BAM	3.30pm - 4.30pm VIRTUAL BODY BALANCE
6.45pm - 8.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking						
Aquatic Classes						
		7.00am – 7.50am Deep Water Running				
6.10pm - 7.00pm Deep Water Running	9.10am –10.00am Aqua Easy					

## IMPORTANT PARTICIPATION INFORMATION – Relevant for all wet, dry & virtual classes:

- Participants are required to check in for their class via customer service at least 5-10 mins prior to the class starting time and collect a class ticket.
- Participants must be prepared to commence at the scheduled starting time to avoid being locked out of class.
- Late arrivals will not be permitted to enter the class once the door is closed and class has started. This is for the safety of all participants.
- During peak periods parking can be limited, please allow additional time to avoid missing out on your class.
- Please bring a towel and drink bottle. Personal yoga mats are also highly encouraged for dry classes.
- Classes are suitable for all levels of fitness however it is strongly recommended you seek medical advice before starting an exercise program.
- Attending Virtual classes is at the participants own risk. If participants have concerns regarding equipment set up or health & safety, it is highly recommended they participate in a class that is instructed by an instructor until they become familiar with the program.
- In the event of last-minute class changes or cancellations, Aqua Energy will advise via Facebook or in-house notices. Members may receive an sms.
- All classes timetabled are subject to instructor and space availability.
- Please do not attend if you are unwell, experiencing signs of sickness or have been in contact with someone diagnosed or suspected of having COVID 19

## CLASS INFORMATION

### VIRTUAL ON DEMAND \*\* BOOKINGS ESSENTIAL\*\* Call 51423700 to make a booking.

Choose from any of our Les Mills programs listed below, contact Customer Service, and book a time within the allocated timeslots that suits you. Bookings are subject to time slot availability, so first to book gets preference.

On Demand bookings are not private bookings. All members and guests are welcome to attend classes that have been booked by other users.

Please advise if you wish to cancel your booking so the timeslot may be made available to other users.

Virtual classes are often a gateway for live group fitness classes. So, if the thought of joining seasoned group exercisers daunts you, virtual could be the way to go. Virtual workouts typically attract smaller numbers, and you can go at your own pace, which makes them ideal if you're a novice looking to learn the moves.

### AQUA EASY

#### Conducted at West Sale

A warm water circuit supervised by our experienced gym instructor in our Hydrotherapy pool. Suitable for people with joint mobility difficulties.

### LES MILLS BODYATTACK

#### Conducted in the Group Fitness Studio

High Energy class with moves that cater for total beginners to total addicts. Athletic movement and strength exercises combined to challenge you in a good way.

### LES MILLS BODYBALANCE

#### Conducted in the Group Fitness Studio & Studio 2 (check timetable for location)

New generation yoga class that builds flexibility and strength through a series of simple yoga moves with elements of Tai Chi and Pilates

### LES MILLS BODYCOMBAT

#### Conducted in the Group Fitness Studio

Punch and kick your way to fitness! This high-energy non-contact martial-arts inspired workout is totally addictive with no complex moves to master. You'll release stress, have a blast and feel like a champ.

### LES MILLS BODYPUMP

#### Conducted in the Group Fitness Studio

This class is one of the world's fastest ways to get in shape. Using low weight loads and high repetitions it burns fat and calories, gains strength and quickly produces lean body muscle conditioning.

### BOXFIT

#### Conducted in the Group Fitness Studio & Studio 2 (check timetable for location)

Boxing for fitness, weight loss, muscle toning, and stress relief. Build strength, endurance and increase cardio fitness. Participants must provide their own inner gloves. Inner gloves available for purchase at Customer Service for \$1.50.

### LES MILLS CORE

#### Conducted in the Group Fitness Studio

A scientific core workout for incredible core tone and sports performance. Using resistance tubes, weight plates and body weight exercises like crunches, hovers, hip, butt and lower back exercises, you build strength, stability and endurance in the muscles that support your core, improve balance, & assist injury prevention.

### DEEP WATER RUNNING

#### Conducted in the Sale Outdoor Pool

The stimulation of running while being suspended in deep water using a floatation belt. Great for anyone wanting cardiovascular training and muscle conditioning.

### FITCIRCUIT

#### Conducted in the Group Fitness Studio

A mixed medley of exercises to for an all over body workout and cardio kick. This class brings some of the old classic exercises back with a modern-day twist. Participants must provide their own inner gloves for boxing activities. Inner gloves available for purchase at Customer Service for \$1.50.

### FITHIIT – HIGH INTENSITY INTERVAL TRAINING

#### Conducted in Group Fitness Studio/Outdoors

Incorporates alternating short periods of intense anaerobic exercise with less-intense recovery periods. Participants must provide their own inner gloves for boxing activities. Inner gloves available for purchase at Customer Service for \$1.50.

### LES MILLS GRIT | CARDIO

#### Conducted in Group Fitness Studio

30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

### LES MILLS GRIT | STRENGTH

#### Conducted in Group Fitness Studio

30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

### LES MILLS RPM

#### Conducted in the Group Fitness Studio

The indoor cycling workout where you control the intensity. It's fun, & low impact. Take on hills, flats, mountain peaks, time trials, and interval training and discover your athlete within - sweat and burn to reach your endorphin high.

### LES MILLS SH'BAM

#### Conducted in the Group Fitness Studio

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!

### LES MILLS sprint

#### Conducted in the Group Fitness Studio

30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve results fast. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

### SPIN

#### Conducted in the Group Fitness Studio

Freestyle indoor cycling workout designed to provide you with the optimum in fat burning. Simulating various terrain and other drills to give you a great interval workout.

### VINYASA FLOW YOGA

#### Conducted in Studio 2

Covers a broad range of yoga styles and is also known as flow yoga, because of the smooth way that the poses run together and become dance like. Movement is synchronised to the breath.

### YIN YOGA

#### Conducted in Studio 2

The "other half" of yoga...offering deep release on many levels, strengthening and lengthening the connective tissues in your body, healthy stressing of your joints, increasing your range of motion, opening and clearing energy channels, ultimately giving us a feeling of ease and lightness and surrender in the body.