

# Ashfield Group Fitness Timetable 26 February – 26 May 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM	BODY BALANCE	BODY PUMP	HCT	BODY PUMP	BODY BALANCE	HCT	
7:00AM	SHALLOW WATER AQUA	SHALLOW WATER AQUA	SHALLOW WATER AQUA	SHALLOW WATER AQUA	SHALLOW WATER AQUA	SHALLOW WATER AQUA	BODY COMBAT
7:15AM	HCT	POWER PILATES	BOXING	PILATES	BODY COMBAT	POWER PILATES	
8:00AM	SHALLOW WATER AQUA	SHALLOW WATER AQUA	SHALLOW WATER AQUA	SHALLOW WATER AQUA	SHALLOW WATER AQUA		YOGA
8:15AM	PILATES	BOXING	TAI CHI	ZUMBA	KETTLEBELLS	BODY PUMP	
8.30am						FIT30 -HIIT	
9:15AM	FIT30 HIIT	FIT30 – STRETCH & MOBILITY	FIT30 - STRETCH & MOBILITY	FIT30 - CORE	FIT30 - HIIT	FIT30 - STRETCH & MOBILITY	FIT30 - CORE
	DANCE						
	DEEP AQUA		DEEP AQUA				DEEP WATER AQUA
10:00AM	FIT30 CORE	FIT30 - HIIT	FIT30 CORE	FIT30 - HIIT	FIT30 - STRETCH & MOBILITY		
10:15AM	DEEP WATER AQUA	DEEP WATER AQUA	DEEP WATER AQUA	DEEP WATER AQUA	DEEP WATER AQUA		
	HATHA YOGA	VINYASA YOGA	POWER YOGA	BODY BALANCE	BODY PUMP	PILATES	BODY BALANCE
11:30AM	STRONG SENIORS	ACTIVE SENIORS	STRONG SENIORS	ACTIVE SENIORS	STRONG SENIORS	BODY COMBAT	
12.30PM	BOXING	SENIORS AQUA	KETTLEBELLS	HCT	SENIORS AQUA		
					HATHA YOGA		
4:00PM						FIT30 - CORE	FIT30 - HIIT
4:30PM	FIT30 STRETCH & MOBILITY		FIT30 - HIIT		FIT30 - CORE		VINYASA YOGA
5:30PM	VINYASA YOGA	PILATES	BOXING	FUSION YOGA	ZUMBA		
6:15PM							DEEP AQUA
6:30PM		FIT30 - HIIT		FIT30 - HIIT			
	BODY PUMP	BODY COMBAT	BODY PUMP	ZUMBA	MEDITATION/YOGA		
7:15PM	SHALLOW WATER AQUA	SHALLOW WATER AQUA	SHALLOW WATER AQUA	SHALLOW WATER AQUA			
7:30PM	ZUMBA	BODY PUMP	BODY BALANCE	BODY COMBAT			

This timetable is valid from 26 February – 26 May 2024 and is subject to change

Class bookings are open 5 days and 1 hour before the class start time and cancellations can be made until one hour before the class start time

All participants must arrive no later than 5 minutes after class commencement

Please refer to our website for all timetable changes [www.innerwest.nsw.gov.au/aac/fitnesstimetable](http://www.innerwest.nsw.gov.au/aac/fitnesstimetable)

Mind & Body Class

Aqua Aerobics Class

High Intensity Class

Low Intensity Class

30min Gym Session

## AQUA CLASSES

**Shallow Aqua** - Gentle exercise in the water suitable for beginners, those rehabilitating injuries, with arthritis or those who don't feel confident in deep water.

**Deep Aqua** - A great workout in deep water. Buoyancy belts may be used as floatation and back support. This is a NON-impact class delivering similar benefits as Shallow Water Aqua. Suitable for all fitness levels, however, water confidence is required.

**Seniors Aqua** - This class is held in the 25m indoor pool and runs for 45mins. A gentle workout for beginners, those rehabilitating injuries and arthritis. Catered for Seniors

## LES MILLS CLASSES

**Body Balance** – Ideal for anyone and everyone, this yoga-based class will improve your mind, your body and your life. Expect to bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centred. Happy.

**Body Combat** – Punch and kick your way to fitness, burning a ton of calories along the way. These high-energy martial arts inspired workout is totally non-contact and there are no complex moves to master. You will be challenged to up the intensity and to make the most of every round. You'll release stress, have a blast and feel like a champ.

**Body Pump** – a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

## MIND BODY CLASSES

**Pilates** – Mind/body series of exercises performed in a slow and controlled manner. Geared to improve posture, restore balance, align the body, and relieve muscular tension by targeting the abdominal and back muscles. Suitable for all.

**Power Pilates** – This class is designed to take your Pilates to the next level in terms of strength, endurance and flexibility. Lengthen and strengthen your body with the ultimate Power Pilates workout. This class combines Pilates principles with the use of equipment such as swiss balls, dumbbells and Pilates rings with a wide range of variable movements. An intermediate level, Pilates experience is recommended.

**Hatha Yoga** – an intelligent nurturing, non-competitive way of bringing all aspects of our lives and ourselves into balance and harmony. Hatha has major therapeutic value and is suitable for people of all ages and physical conditions.

**Vinyasa Yoga** – Vinyasa means “breath – synchronised with movement”. You move from one pose to the next with the breath leading your movement ensuring the poses flow together smoothly and seamlessly. This style of yoga is alignment orientated to maximise benefits and minimise the possibility of injury. Suitable for everyone whatever age, strength, flexibility or fitness levels.

**Power Yoga** - A fast-paced style of yoga that's focused on building strength and endurance.

**Fusion Yoga**- Using elements of several yoga styles and focusing on alignment this class features poses to suit all abilities. Provides a great foundation for all yoga practice and is a great stress management tool.

**Tai Chi** - Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

## HIGH INTENSITY CLASSES

**HCT (Hard Core Training)** - A high intensity circuit style class, using simple but effective moves and exercises. Like an indoor boot camp involving lots of cross-training. This class gives you a great workout combining cardiovascular exercise with strength training.

**Cardio Boxing / Boxing** - A stimulating and effective class that burns fat and increases your fitness. Cardio Boxing is a full body workout that will keep you moving the whole time and is a great class to relieve stress!

**Kettlebells** - Maximise your workout with the use of Kettlebells. Learn the correct technique while challenging your body to new movement patterns.

## DANCE CLASSES

**Zumba** – take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

**Dance** - Join this class to learn different dance styles! In this class, you will be introduced to a new dance style and a singular choreography per class, learning it one step at a time. Join the fun! All levels welcomed.

## SENIORS CLASSES – No minimum age

**Active Seniors** – A fun filled low to moderate intensity class for non-exercisers, people at risk of heart disease and people returning to exercise from a cardiac event (post rehab). This is a perfect introductory class for our Strong Seniors class or someone wanting to get moving again and is full of fun.

**Strong Seniors** – A combination of cardiovascular and resistance training with a balance component. Designed specifically for seniors to assist with bone density, balance and increasing overall fitness levels. Some fit ball or free weights included.

## FIT30 SESSIONS – small group sessions for 30min.

**FIT30 HIIT** - This is high intensity interval training session with a variety of exercises to challenge you and build up a sweat

**FIT30 Stretch & Mobility** - More than a stretch session, Stretch & Mobility will help you release tension and improve overall mobility

**FIT30 Core** - A strong core is essential to any form of exercise. Strengthen your core through a variety of exercises such as planks and sit ups.

**FIT30 Boxing** – In this small group session you can improve your Boxing technique and break up a sweat.