

AKAC Timetable Public Holiday 26 JANUARY 2023



THURSDAY 26 JANUARY	
	SHALLOW WATER AQUA
7:15 AM	PILATES
7:30 AM	TONE ZONE 30 Min SESSION
8:30 AM	CORE ON THE BALL
	STRETCH
9:30 AM	
10:00 AM	TONE ZONE 30 Min SESSION * SENIORS
	DEEP WATER AQUA
10:30 AM	PILATES
12:15 PM	WARM WATER AQUA
4:00 PM	TONE ZONE 30 Min SESSION *TEENS
5:30 PM	
	YOGA
6:00 PM	

This timetable is valid 26 January 2023 and is subject to change

Class bookings are open 5 days and 1 hour prior to the class start time and cancellations can be made until one hour prior to 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/akac/fitnesstimetable

High Intensity	Mind Body	Aqua	Seniors	Mini Sessions
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AQUA CLASSES

Shallow Water Aqua – Gentle exercise in the water for beginners, those rehabilitating injuries, with arthritis and those who like the option of a shallow or deep water depth.

Deep Water 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.

Warm Water Aqua – Warm Water Aqua is a form of treatment conducted in a heated pool to help regain or enhance physical wellbeing. Exercises are a series of gentle movements performed in a pool maintained at 31 degrees to 32 degrees Celsius.

MIND BODY

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.

Yoga – 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.

Stretch – A comprehensive class to help improve your range of movement and iron out any stiffness you may have from your activities of daily life. A range of floor work provided under the watchful eye of an instructor to help you get the most out of your stretching.

Core on the Ball – In this class you will learn how to activate and train the important core stabilisers that support the spine and work the body in a functional way utilising the Fit Ball.

HIGH INTENSITY CLASSES

Metabolic Pump – A cross training workout using cardiovascular, bodyweight and weighted exercises to add variety to your routine and keep your body guessing. This workout will get you sweating to a high energy soundtrack.

Bootcamp – Resembling a military boot camp, this is a rigorous outdoor group fitness session where you will be pushed past your limits. Expect a combination of circuits, interval, cardiovascular and strength training including boxing and sprints in a park setting.

Important note - this class occurs outdoors. Participants are encouraged to wear sunscreen, a hat, and sun-protective clothing.

Cardio Boxing – A great class essentially working both the upper and low body. A stimulating and effective class that burns fat and increases your fitness. A full body workout that will keep you moving the whole time. A great class to relieve stress. Important note - this class occurs outdoors. Participants are encouraged to wear sunscreen, a hat, and sun-protective clothing.

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.

SENIORS CLASSES

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.

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

MINI SESSIONS

Tone Zone – Make the best out of your cardio day! From sprints to recovery, your workout will be intense yet open to all levels

Core & Stretch – This class will include a combination of core-specific movements as well as a full-body stretch to help increase flexibility and assist with recovery. Suitable for participants of all levels with exercise modifications provided.