



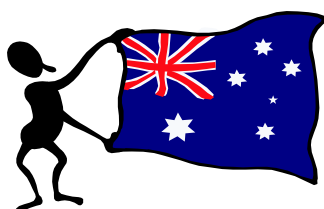
**Wednesday 26 January 2022**

# **Australia Day**

## **Health & Fitness Program**

**Gym is open 6am to 7pm**

<b>TIME</b>	<b>CLASS</b>	<b>WHERE</b>	<b>INSTRUCTOR</b>
7:00am	Vinyasa Yoga	Bayside studio	Yasmin
7:00am	Deep Water Aqua	Dive Pool	Eser
7:30am	Strong Seniors	FTZ- B. S	Dani
8:00am	Strong Seniors	FTZ- B. S	Eser
830am	Stretching	MBS	Rosetta
9:00am	Deep Water Aqua	Dive Pool	Dani
9:30am	Body Pump	Bayside studio	Jordan
10:00am	Deep Water Aqua	Dive Pool	Dani
10:00am	Cycle/ Core	FTZ	Rosetta
11:00am	Active Seniors	Bayside studio	Rosetta
11:00am	HIIT	FTZ	Shaz
12:00pm	Seniors Aqua	Program pool	Dani
1:00pm	Seniors Aqua	Program pool	Dani
5:30pm	Body Pump	Bayside studio	Rosetta



## AQUA CLASSES

**Lite Pace Aqua** (shallow water). Gentle exercise in the water for beginners, those rehabilitating injuries, with arthritis or those who don't feel confident in deep water. Duration is 45 mins.

**Aqua - SW** (shallow water). A workout in the outdoor pool utilizing not only the water itself but the pool bottom as a resistance to increase heart/lung fitness, muscular strength/definition, and flexibility. Aqua fitness equipment may be used to enhance these benefits. Suitable for everyone.

**Power Aqua** (shallow water). Power Aqua is a full intensity cardio workout. This rugged water workout is sure to make you sweat even in the water. Suitable for everyone. Class runs for 45mins.

**Aqua - DW** (deep water). 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 SW Aqua. Suitable for all fitness levels, however, water confidence is required.

**Seniors Aqua** (shallow water). This class is held in a fully covered hydrotherapy pool, heated at 31 degrees and runs for 45mins. A gentle workout for beginners, those rehabilitating injuries and arthritis. Catered for Seniors.

## LES MILLS CLASSES

**Body Balance** – A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**Body Combat** – Punch! Jab! Hook! Kick! the fat away. Fight your way to overall fitness and the body shape you deserve. Body Combat is a martial arts workout combining Karate, Boxing & Tai Chi to name a few in a fun low impact aerobic workout for beginners and advanced alike.

**Body Pump** – is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned, and fit. It uses a combination of motivating music, fantastic instructors, and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

**RPM** – Is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training. The duration is 45 mins and is suitable for all.

## 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/stress 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, agility 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 Circles with a wide range of variable movements. Suitable for all.

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

**Yoga (Ashtanga)** - involves syncing up a continuous and structured series of postures with the breath. It features five asana series and each one must be mastered before moving to the next series. Ashtanga yoga focus on; Moral codes, Self-purification and study, Posture, Breathing, Internal listening, Concentration, Meditation, State of unity.

**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.

**Hatha Fusion Yoga** - Uses elements of several yoga styles and focuses on alignment and modifying poses to suit all abilities. Provides a great foundation for all yoga practice and is a great stress management tool.

## GET FIT 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** - 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.

**Cycle** - This class is simulated to road cycling undertaken in an indoor class situation where both a musical landscape and the instructor's words and actions are the guidance on a mental journey. The duration is 45 mins and is suitable for all.

**HIIT**– High intensity interval training (HIIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with body weight and equipment. The duration is 30 mins

**Stretching** – Stretching class keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. The duration is 30 mins and is suitable for all.

**Fast 30** –Gives you all the benefit and skills of riding a bike to its limits but with the safety and motivation of an indoor class. This 30-minute session will give you maximum calorie burn and cardiovascular fitness

**ABT** – Abs, Butts & Thighs our old favourite. An intense warm-up followed by a blasting of "the bits."

**Body Burn** –Combines low impact cardio, step and light weights, with a core focus at the end. This one works your whole body! intense recovery periods, until too exhausted to continue. session duration is 30 mins.

**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.

**Cycle/ HIIT**- The first component of the class is cardiovascular on the spin bikes. The second half of the class is circuit training which can be a challenging high co-ordinated workout using body weight and equipment. Suited to all fitness levels.

## KIDS CLASSES

**Fit kid** – Exercise and fitness for children with a focus on having fun and playing games. This is the great class for kids to improve their motor skills, balance, and coordination. Suitable for children 2-5yrs. Fit kid classes are not included in the membership

**Kids Yoga** - Children will stretch, move and relax while they develop not only strength, coordination, flexibility and balance, but also body awareness, better focus and concentration, as well as self-confidence. Children will be introduced to yoga poses, breathing exercises and mindfulness through stories, journeys, songs, music accompanied by live African drum, yoga games and guided visualizations in a fun, non-competitive and supportive environment.

## DANCE CLASSES

**Zumba** – Get ready to Zumba!!! The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create routines that feature interval training to tone and sculpt your body while burning fat. Enjoy this challenging workout and have lots of fun!!

## SENIORS CLASSES

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

**Seniors Circuit** –The first component of the class is cardiovascular on the spin bikes. The second half of the class is circuit training which can be a challenging low co-ordinated workout using body weight and equipment. Suited to all fitness levels.

**Total Body Seniors** – This fun class will feature a total body experience starting with 25 mins of pre-choreographed strength and conditioning workout followed by a core and a stretch component. Suits all fitness levels.

**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.

**Fit Seniors** – This fun class will move through a variety of simple cardio and resistance exercises designed to increase muscular strength, improve your range of movement and coordination for daily living. The duration is 55 mins