

# Group Exercise

## Timetable

### BOX & BURN (60 min)

With a focus on technique & boxing related fitness there's no better way to release stress, functionally strengthen your core and have fun doing it! All equipment provided and all levels catered for.

### SPINNING® (60 min)

The original and best indoor cycling experience! Top notch instructors and music that motivates you and takes you out of the studio and into your imagination on the ultimate fitness journey.

### ZUMBA GOLD® (60 min)

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

### YOGA LEVEL 1 (75 min)

A beginner level form of yoga - bring balance to your body, mind and spirit through the development of strength and flexibility combined with breath control and relaxation methods.

### HATHA VINYASA YOGA (60min)

A general class for all fitness levels. This hatha-flow class will integrate your body, mind and spirit through the ancient practice of breathing, physical, exercise, and postural relaxation

### POWER VINYASA YOGA (75min)

An intermediate level class. This moving sequential flow will revive your body, mind & soul. As a group we focus on generating energy through strengthening flexibility poses restoring balance & harmony to your overall wellbeing.

### MUSCLE MAX (45 min)

This class focuses on full body resistance training, incorporating body weight movements & core exercises to tone the whole body. Great for people looking for guided strength & conditioning training.

### TABATA (30 min)

The original high intensity workout. Developed to get quick results. This express class uses high intensity body weight movements and targets all areas of the body. All fitness levels catered for.

### POWER PLAY (30 min)

An express class based on circuit training with a variety of movements. From timed challenges to team & individual based workouts, fun is the key word here. It's also an awesome way to boost your metabolism.

### CORE POWER (30 min)

A great way to challenge your core muscles and improve stability & balance. This class incorporates Pilates and Yoga moves along with new and traditional core training techniques.

### YOUTH BURN: (60 min)

Youth structured workout on Wednesday at 4pm for ages 13-18 years old. Limited spaces available. Teenagers do not need a gym membership to participate in this class.

### HATHA VINYASA YOGA (45-60 min)

A general class for all fitness levels. This hatha-flow class will integrate your body, mind and spirit through the ancient practice of breathing, physical, exercise, and postural relaxation. Lunch time option available Wednesday.

### ZUMBA® (60 min)

JOIN THE PARTY! Latin rhythms and easy to follow moves create a dynamic fitness program that will blow you away. You will want to work out, you will love working out and you will be coming back for more!

### PILATES (60 min)

With total focus on core stability, muscle balancing, joint release and breathing techniques, Pilates teaches you a higher level of body awareness to create a stronger body posture and an energized mind.

### GOLD-FIT (60 min)

Gold-fit is perfect for aging adults. Set in the gym with a specialist trainer you will receive the best possible treatment in a fun, social environment. Classes involve balance, strength, aerobic fitness and core exercise. Beginner and advanced classes available.



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>	<b>Tabata - Gym</b> 9:30 am (30 mins)  <b>Zumba®</b> 9:30 am (60 mins)	<b>Power Play - Gym</b> 9:30 am (30 mins)	<b>Zumba®</b> 9:30 am (60 mins)	<b>Power Play - Gym</b> 9:30 am (30 mins)	<b>Muscle Max - Gym</b> 9:30 am (45 mins)	<b>Box &amp; Burn</b> 7:45 am (45 mins)  <b>Spinning®</b> 8:45 am (45 mins)	
<b>Mid Morning</b>	<b>Zumba® Gold</b> 10:30 am (60 mins)	<b>Pilates</b> 10:00 am (60 mins)  <b>Gold-Fit - Gym</b> 10:30 am (60 mins)	<b>Gold-Fit - Gym</b> 10:30 am (60 mins)	<b>Gold-Fit - Gym</b> 10:30 am (60 mins)	<b>Zumba® Gold</b> 10:30 am (60 mins)	<b>Power Vinyasa Flow Yoga</b> 9:45 am (60 mins)	
<b>Lunch</b>							
<b>Afternoon</b>	<b>Box &amp; Burn</b> 5:00 pm (55 mins)	<b>Muscle Max - Gym</b> 5:30 pm (45 mins)	<b>Pilates</b> 5:30 pm (45 mins)				
<b>Evening</b>	<b>Pilates</b> 6:00 pm (55 mins)	<b>Spinning®</b> 6:00 pm (60 mins)	<b>Box &amp; Burn</b> 6:15 pm (60 mins)	<b>Spinning®</b> 6:00 pm (45 mins)  <b>Tabata - Gym</b> 6:00 pm (30 mins)			
<b>Late Evening</b>	<b>Hatha Yoga level 1</b> 7:00 pm (75 mins)			<b>Hatha Vinyasa Yoga</b> 7:00 pm (60 mins)			