

# GROUP FITNESS TIMETABLE

## 2024 PROGRAM

Effective from 9 December 2024



## Opening Hours

OPENING TIMES	HEALTH CLUB	AQUATICS	CRECHE
<b>MONDAY - FRIDAY</b>	5:30am - 9pm	5:30am - 8:30pm	8:30am - 12noon
<b>SATURDAY, SUNDAY &amp; PUBLIC HOLIDAYS</b>	7:30am - 6pm	7:30am - 7pm	8am - 12noon (Saturday Only)



PLEASE NOTE: Classes are subject to change without notice





























Phone: 9276 6538

Cnr Broun Ave & Priestley St, Embleton  
www.bayswaterrecreation.com.au/waves



### CLASS DESCRIPTIONS

<b>LES MILLS BODYPUMP</b>	Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed barbell workout that trains all your major muscle groups.
<b>LES MILLS BODYCOMBAT</b>	Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals.
<b>LES MILLS BODYBALANCE</b>	Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life.
<b>LES MILLS BODYATTACK</b>	Body Attack is a high-energy fitness class that combines athletic movements including: running, lunging, jumping, push-ups, squats and more.
<b>LES MILLS BODYJAM</b>	Body Jam is an addictive fusion of the latest dance moves with the hottest sounds guaranteed to make you sweat while having a blast.
<b>LES MILLS RPM</b>	Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more.
<b>ZUMBA</b>	Is it a dance party? Is it a workout? No... It's Zumba! This original classic will get you burning calories to Latin music and dance moves.
<b>metafit™</b>	A 30min high intensity, interval training class guaranteed to hit your fitness goals.
<b>step</b>	Step around a raised platform to boost your heart rate, breathing and muscular strength.
<b>HIIT</b>	HIIT combines bursts of intense exercise with short breaks for rapid cardio fitness.
<b>SPIN</b>	Similar to Les Mills RPM with unique twists and playlists from our instructors!
<b>YOGA</b>	Yoga helps you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation.
<b>PILATES</b>	This class focuses on maintaining alignment, joint stabilization, creates a balanced muscular tone by consciously improving posture, flexibility and developing core strength.
<b>AQUA</b>	An all round aquatic workout, great for all levels and works on core stability & resistance.
<b>SILVER SNEAKERS</b>	A great class for older adults, increase your strength, flexibility, bone density and fitness.
<b>AQUANAUTS</b>	A fun, shallow water full body workout combining cardio with equipment. Suitable for all ages and fitness levels.
<b>MINDFUL MOVEMENT</b>	Combining Yoga, Pilates, Tai Chi and Qigong, MM increases movement and alignment.
<b>Stretch</b>	This 60 minute class is designed to improve your flexibility and mobility, as well as stretch and relieve your muscles.
<b>Step/ABT</b>	Combining compound and isolation movement targeting the core, legs and butt area.
<b>Trampoline</b>	A 30 min cardio workout which will stimulate your lymphatic system and improve balance.
<b>Triple 15</b>	A workout which includes upper and lower body, core and cardio in 3x 15 min sessions.

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	 <b>SPIN</b>	Triple 15	<i>LES MILLS</i> <b>RPM</b>  <b>HIIT</b>	<i>LES MILLS</i> <b>BODYPUMP</b>	<i>LES MILLS</i> <b>RPM</b>  <b>HIIT</b>	*Class to take place in the Circuit Room	
7:00am			 <b>AQUANAUTS</b>				
8:00am	 <b>SILVER SNEAKERS</b>	 <b>AQUA</b>	 <b>AQUANAUTS</b>	 <b>SILVER SNEAKERS</b>	 <b>PILATES</b>		
8:15am						 <i>LES MILLS</i> <b>SPIN BODYPUMP</b> <b>Trampoline*</b>	
8:30am	 <b>AQUA</b>			 <b>AQUA</b>	 <b>AQUANAUTS</b>		<i>LES MILLS</i> <b>RPM</b> <i>LES MILLS</i> <b>BODYATTACK</b>
9:00am				 <b>SPIN/ABT</b>	<b>Step/ABT</b>		
9:15am						<i>LES MILLS</i> <b>BODYCOMBAT</b>	
9:30am	<i>LES MILLS</i> <b>BODYPUMP</b>	 <b>HIIT</b>	<i>LES MILLS</i> <b>BODYPUMP</b>	 <b>step</b>		<i>LES MILLS</i> <b>Trampoline Basics*</b>	<i>LES MILLS</i> <b>BODYPUMP</b>
10:00am					<i>LES MILLS</i> <b>BODYBALANCE</b>		
10:15am						<i>LES MILLS</i> <b>BODYJAM</b>	
10:30am	 <b>PILATES</b>	Stretch	<i>LES MILLS</i> <b>BODYCOMBAT</b>	<b>MINDFUL MOVEMENT</b> 			<i>LES MILLS</i> <b>BODYCOMBAT</b>
11:00am		<b>Special Needs*</b>				Stretch	
11:15am						 <b>YOGA</b>	
5:00pm	<b>metafit.</b> HIIT TRAINING						
5:30pm	<i>LES MILLS</i> <b>BODYPUMP</b>	 <b>HIIT</b>	<i>LES MILLS</i> <b>BODYPUMP</b>	 <b>step</b>  <b>YOGA (90 MINS)*</b>	 <b>HIIT</b>		
6:00pm	<i>LES MILLS</i> <b>RPM</b>  <b>AQUA</b>	 <b>YOGA*</b>	<i>LES MILLS</i> <b>RPM</b>  <b>AQUA</b>				
6:30pm	<i>LES MILLS</i> <b>BODYCOMBAT</b>	<i>LES MILLS</i> <b>BODYJAM</b>	<i>LES MILLS</i> <b>BODYCOMBAT</b>		 <b>AQUA</b>		
7:30pm	<i>LES MILLS</i> <b>BODYBALANCE</b>	 <b>ZUMBA</b> fitness					