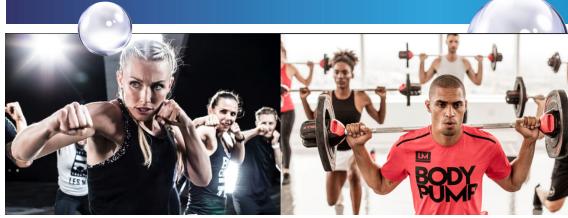
CLASS DESCRIPTIONS	s	
BODYPUMP	Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed barbell workout that trains all your major muscle groups.	
Lesmills BODYCOMBAT	Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals.	
Lesmills BODYBALANCE	Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life.	
LesMills BODYATTACK	Body Attack is a high-energy fitness class that combines athletic movements including; running, lunging, jumping, push-ups, squats and more.	
LesMills BODYJAM	Body Jam is an addictive fusion of the latest dance moves with the hottest sounds guaranteed to make you sweat while having a blast.	
LesMILLS RPM	Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more.	
SVMBA*	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.	
metafit.	A 30min high intensity, interval training class guaranteed to hit your fitness goals.	
≥step	Step around a raised platform to boost your heart rate, breathing and muscular strength.	
PHIIT	HIIT combines bursts of intense exercise with short breaks for rapid cardio fitness.	
OSPIN	Similar to Les Mills RPM with unique twists and playlists from our instructors!	
YOGA	Yoga helps you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation.	
PILATES	This class focuses on maintaining alignment, joint stabilization, creates a balanced muscular tone by consciously improving posture, flexibility and developing core strength.	
AQUA	An all round aquatic workout, great for all levels and works on core stability & resistance.	
SILVER SNEAKERS	A great class for older adults, increase your strength, flexibility, bone density and fitness.	
AQUANAUTS	A fun, shallow water full body workout combining cardio with equipment. Suitable for all ages and fitness levels.	
MINDFUL MOVEMENT	Combining Yoga, Pilates, Tai Chi and Qigong, MM increases movement and alignment.	
Stretch	This 60 minute class is designed to improve your flexibility and mobility, as well as stream of relieve your muscles.	
Step/ABT	Combining compound and isolation movement targeting the core, legs and butt area.	
Step/ABT Trampoline	Combining compound and isolation movement targeting the core, legs and butt area. A 30 min cardio workout which will stimulate your lymphatic system and improve balance.	

GROUP FITNESS TIMETABLE



2025 PROGRAM



Opening Hours

OPENING TIMES	HEALTH CLUB	AQUATICS	CRECHE 8:30am - 12noon	
MONDAY - FRIDAY	5:30am - 9pm	5:30am - 8:30pm		
SATURDAY, SUNDAY & PUBLIC HOLIDAYS	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



TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	OSPIN	Triple 15	RPM RPM	Lesmills BODYPUMP	LesMills RPM	*Class to take place	in the Circuit Room
7:00am			AQUANAUTS				
8:00am	SILVER SNEAKERS	AQUA	AQUANAUTS	SILVER SNEAKERS	PILATES		
8:15am						©SPIN BODYPUMP Trampoline*	
8:30am	AQUA			SAQUA	AQUANAUTS		LESMILLS RPM LESMILLS BODYATTACK
9:00am				OSPIN /ABT	Step/ABT		
9:15am						BODYCOMBAT	
9:30am	LESMILLS BODYPUMP	₩HIIT	LesMILLS BODYPUMP	≥step		**Trampoline Basics	BODYPUMP
10:00am					Lesmills BODYBALANCE		
10:15am						LesMills BODYJAM	
10:30am	PILATES	Stretch	LesMILLS BODYCOMBAT	MINDFUL MOVEMENT			BODYCOMBAT
11:00am		Special Needs*			Stretch		
11:15am						YOGA	
5:00pm	metafit.						
5:30pm	LesMILLS BODYPUMP	PHIIT	LesMills BODYPUMP	≥ step YOGA * (90 MINS)	PHIT		
6:00pm	RPM SAQUA	YOGA*	RPM JAQUA				
6:30pm	Lesmills BODYCOMBAT	LesMills BODYJAM	LESMILLS BODYCOMBAT		SAQUA		
7:30pm	LesMILLS BODYBALANCE	ON ZVMBA fitness					