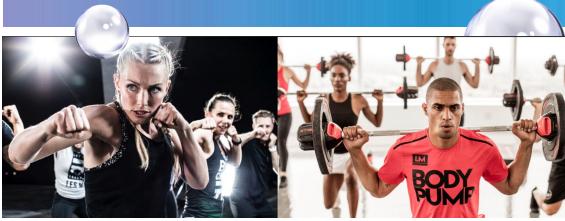
CLASS DESCRIPTIONS  LESMILLS BODYPUMP  Get lean, build strength and tone muscle with Body Pump, a science-backed barbell workout that trains all your major muscle groups.  Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals.  LESMILLS BODYBALANCE  LESMILLS 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 RIGH to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more.  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.  A 30min high intensity, interval training class guaranteed to hit your fitness goals.  Step around a raised platform to boost your heart rate, breathing and muscular strength  HIIT combines bursts of intense exercise with short breaks for rapid cardio fitness.  Similar to Les Mills RPM with unique twists and playlists from our instructors!  Yoga helps you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation.  This class focuses on maintaining alignment, joint stabilization, creates a balanced muscular tone by consciously improving posture, flexibility and developing core strength.
BODYPUMP  workout that trains all your major muscle groups.  LESMILLS BODYCOMBAT  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  Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more.  RIDEATION  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.  A 30min high intensity, interval training class guaranteed to hit your fitness goals.  Step around a raised platform to boost your heart rate, breathing and muscular strength.  HIIT combines bursts of intense exercise with short breaks for rapid cardio fitness.  Yoga helps you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation.  This class focuses on maintaining alignment, joint stabilization, creates a balanced
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CIT DII ATES
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.
A fun, shallow water full body workout combining cardio with equipment. Suitable for all ages and fitness levels.
MINDFUL Combining Yoga, Pilates, Tai Chi and Qigong, MM increases movement and alignment. Mindful Movement will be covered by Yoga in the absence of a MM Instructor.
Stretch  This 60 minute class is designed to improve your flexibility and mobility, as well as stretch and relieve your muscles.
Step/ABT Combining compound and isolation movement targeting the core, legs and butt area.
Trampoline A 30 min cardio workout which will stimulate your lymphatic system and improve balance.
Triple 15 A workout which includes upper and lower body, core and cardio in 3x 15 min sessions.

## GROUP FITNESS TIMETABLE



## 2025 PROGRAM



## **Opening Hours**

OPENING TIMES	HEALTH CLUB	AQUATICS	CRECHE	
MONDAY - FRIDAY	5:30am - 9pm	5:30am - 8:30pm	8:30am - 12noon	
SATURDAY, SUNDAY & PUBLIC HOLIDAYS	7:30am - 6pm		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	<b>OSPIN</b>	Triple 15	RPM PHIIT	BODYPUMP OSPIN	RPM THIT	*Class to take place	in the Circuit Room
7:00am			<b>AQUANAUTS</b>				
8:00am	SILVER SNEAKERS	<b>AQUA</b>	AQUANAUTS SILVER SNEAKERS	SILVER SNEAKERS	PILATES		
8:15am						OSPIN BODYPUMP Trampoline*	
8:30am	<b>SAQUA</b>			<b>SAQUA</b>	<b>AQUANAUTS</b>		RPM BODYATTACK
9:00am				<b>OSPIN/ABT</b>	Step/ABT		
9:15am						LesMills BODYCOMBAT	
9:30am	LesMILLS BODYPUMP	<b>PHIIT</b>	BODYPUMP OSPIN	≥step		Trampoline Basics*	LesMILLS BODYPUMP
10:00am					Lesmills BODYBALANCE		
10:15am						LesMills BODYJAM	
10:30am	PILATES	Stretch	YOGA	MINDFUL MOVEMENT			BODYCOMBAT
11:00am		Special Needs*			Stretch		
11:15am						YOGA	
12:00pm	Strength for Life	Strength for Life	Strength for Life	Strength for Life	Strength for Life		
5:00pm	metafit.		LesMILLS RPM	LesMills <b>RPM</b>			
5:30pm	LesMILLS BODYPUMP	<b>PHIIT</b>	LesMills BODYPUMP	≥ step YOGA * (90 MINS)	<b>PHIIT</b>		
6:00pm	RPM JAQUA	YOGA*	<b>\$AQUA</b>				
6:15pm			<b>OSPIN</b>				
6:30pm	LesMILLS BODYCOMBAT	LesMills BODYJAM	LesMILLS BODYCOMBAT	<b>₩HIIT</b>	<b>AQUA</b>		
7:30pm	BODYBALANCE	<b>ZVMBA</b> fitness					