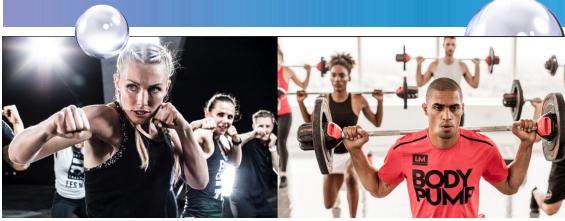
CLASS DESCRIPTIONS LESMILLS BODYPUMP Get lean, build strength and tone muscle with Body Pump, a science-backed barbell workout that trains all your major muscle groups. Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals. LESMILLS BODYBALANCE LESMILLS 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	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 *HIIT	BODYPUMP OSPIN	RPM THIT	*Class to take place i	n the Circuit Room
7:00am			AQUANAUTS				
8:00am	SILVER SNEAKERS	AQUA	AQUANAUTS SILVER SNEAKERS	SILVER SNEAKERS	PILATES		
8:15am						OSPIN BODYPUMP Trampoline*	
8:30am	SAQUA			SAQUA	AQUANAUTS		RPM BODYATTACK
9:00am				OSPIN/ABT	Step/ABT		
9:15am						BODYCOMBAT	
9:30am	LesMILLS BODYPUMP	PHIIT	BODYPUMP OSPIN	≥step		Trampoline Basics	LesMILLS BODYPUMP
10:00am					Lesmills BODYBALANCE		
10:15am						LesMills BODYJAM	
10:30am	PILATES	Stretch	YOGA	MINDFUL MOVEMENT			LesMills 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. HIIT TRAINING			LesMills RPM			
5:15pm			LesMills RPM				
5:30pm	LesMILLS BODYPUMP	PHIIT	LesMILLS BODYPUMP	≥ step	PHIT		
6:00pm	RPM SAQUA	YOGA	AQUA	YOGA* (90 MINS)			
6:15pm			OSPIN				
6:30pm	LESMILLS BODYCOMBAT	LesMills BODYJAM	Lesmills BODYCOMBAT	₩HIIT	\$AQUA		
7:30pm	LESMILLS BODYBALANCE	CO ZVMBA fitness					