

# GROUP FITNESS TIMETABLE



|         | Monday                  | Tuesday       | Wednesday                       | Thursday            | Friday      | Saturday                       | Sunday            |
|---------|-------------------------|---------------|---------------------------------|---------------------|-------------|--------------------------------|-------------------|
| 6:00am  | SPIN                    | TRIPLE 15     | RPM<br>HIT                      | BODYPUMP<br>SPIN    | RPM<br>HIT  |                                |                   |
| 7:00am  |                         | AQUA          | AQUANAUTS                       |                     |             |                                |                   |
| 8:00am  |                         | AQUA          | AQUANAUTS<br>SILVER<br>SNEAKERS | SILVER<br>SNEAKERS  | PILATES     |                                |                   |
| 8:15am  | SILVER<br>SNEAKERS      |               |                                 |                     |             | SPIN<br>BODYPUMP<br>TRAMPOLINE |                   |
| 8:30am  |                         |               |                                 | AQUA                | AQUANAUTS   |                                | RPM<br>BODYATTACK |
| 9:00am  |                         |               |                                 | SPIN/ABT            | STEP/ABT    |                                |                   |
| 9:15am  |                         |               |                                 |                     |             | SPIN<br>BODYCOMBAT             |                   |
| 9:30am  | BODYPUMP                | HIT           | BODYPUMP<br>SPIN                | STEP                |             | TRAMPOLINE<br>BASICS           | BODYPUMP          |
| 10:00am |                         |               |                                 |                     | BODYBALANCE |                                |                   |
| 10:15am |                         |               |                                 |                     |             | BODYJAM                        |                   |
| 10:30am | PILATES                 | STRETCH       | YOGA                            | MINDFUL<br>MOVEMENT |             |                                | BODYCOMBAT        |
| 11:00am |                         |               |                                 |                     | STRETCH     |                                |                   |
| 11:15am |                         |               |                                 |                     |             | YOGA                           |                   |
| 11:30am |                         | ALL ABILITIES |                                 |                     |             |                                |                   |
| 5:00pm  | METAFIT HIT<br>TRAINING |               |                                 | RPM                 |             |                                |                   |
| 5:15pm  |                         |               | RPM                             |                     |             |                                |                   |
| 5:30pm  | BODYPUMP                | HIT           | BODYPUMP                        | STEP                | HIT         |                                |                   |
| 6:00pm  | RPM<br>AQUA             | YOGA          | AQUA                            | YOGA                |             |                                |                   |
| 6:15pm  |                         |               | SPIN                            |                     |             |                                |                   |
| 6:30pm  | BODYCOMBAT              | BODYJAM       | BODYCOMBAT                      | HIT                 | AQUA        |                                |                   |
| 7:30pm  | BODYBALANCE             | ZUMBA         | BODYBALANCE                     |                     |             |                                |                   |



Members scan here to book your next class online.

Missed out on a class? See what's available at The RISE Maylands and Morley Sport and Recreation Centre.

# CLASS DESCRIPTIONS



## LES MILLS CLASSES

**BODYPUMP:** Get lean, build strength and tone muscle with Body Pump, a science backed barbel workout that train all your major muscle groups.

**BODYCOMBAT:** A whole-body workout that lets you punch and kick your way towards your fitness goals.

**BODYBALANCE:** Improve flexibility, core strength, and balance through a calming blend of Yoga, Tai Chi, and Pilates. This low-impact, music-inspired class leaves you feeling strong, centred, and refreshed.

**BODYATTACK:** A high-energy fitness class that combines athletic movements including running, lunging, jumping, push-ups, squats and more.

**BODYJAM:** An addictive fusion of the latest dance moves with the hottest sounds guaranteed to make you sweat while having a blast.

**RPM:** Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more.

## MIND + BODY

**YOGA:** Helping you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation.

**PILATES:** This class focuses on maintaining alignment, joint stabilisation, create a balance muscular tone by consciously improving posture, flexibility and developing core strength.

**MINDFUL MOVEMENT:** Combining yoga, Pilates, tai chi and Qigong. This class increases movement and alignment.

## AQUATICS

**AQUANAUTS:** A fun, shallow water full body workout combining cardio with equipment. Suitable for all ages and fitness levels.

**AQUA:** An all-round aquatic workout, great for all levels and works on core stability and resistance.

## CARDIO + BALANCE

**STEP:** Step around a raised platform to boost your heart rate, breathing and muscular strength.

**STEP/ABT:** Combining compound and isolation movement targeting the core, legs and glutes.

**TRAMPOLINE:** A 30-minute workout which will stimulate your lymphatic system and improve balance.

## CARDIO + HIT

**ZUMBA:** Is it a dance party? Is it a workout? No... it's Zumba! This original classic will get your burning calories to Latin music and dance moves.

**METAFIT:** A 30 minute high intensity, interval training class guaranteed to hit your fitness goals.

**HIT:** Combining burst of intense exercise with short breaks for rapid cardio fitness.

**TRIPLE 15:** A workout which includes upper and lower body, core and cardio in 3 x 15-minute sessions.

**SPIN:** Similar to Les Mills RPM with unique twists and music playlists from our instructors.

## MOBILITY + FITNESS

**STRETCH:** This 60-minute class is designed to improve your flexibility and mobility, as well as stretch and relieve your muscles.

**SILVER SNEAKERS:** A great class for older adults, increase your strength, flexibility, bone density and fitness.

**ALL ABILITIES:** An inclusive group fitness program for people with an intellectual disability and their support workers or carers. Participants can stay active, build confidence, and improve their fitness, strength, balance, and coordination through fun, engaging activities in a safe, welcoming, and supportive environment.

\*Please note: Classes are subject to change without notice.

## OPENING HOURS

| Opening Times                        | Health Club  | Aquatics     | Crèche                        |
|--------------------------------------|--------------|--------------|-------------------------------|
| Monday – Friday                      | 5:30am – 9pm | 5:30am – 9pm | 8:30am – 12pm                 |
| Saturday, Sunday and Public Holidays | 7:30am – 6pm | 7:30am – 7pm | 8am – 12pm<br>(Saturday Only) |