

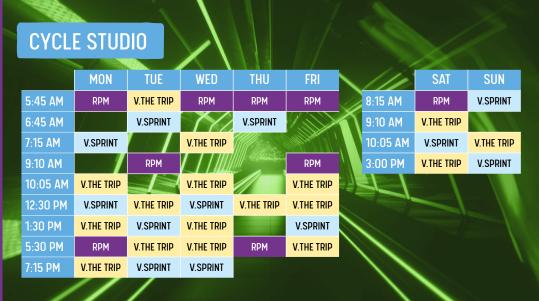
# \* HEALTH AND FITNESS TIMETABLE

Active ARMADALE FITNESS AND ADMINISTRATION OF THE PROPERTY OF

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	7:50 AM	MON	TUE	WED	THU	FRI	8:40 AM	SAT AQUA DEEP	SUN	42.17
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N	9:30 AM 5:30 PM	AQUA ENERGY AQUA DEEP		AQUA FIT	ENERGY	ENERGY	9:30 AM	AQUA HIIT	num summus	
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#### **BODY STEP**

**45 Mins** 

This is a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs.

#### BODYBALANCE

**45 Mins** 

A mix of Yoga, Tai Chi and Pilates that builds flexibility and strength, leaving you feeling centred and calm.

## **BODYCOMBAT**

**45 Mins** 

Punch and kick your way to fitness. This empowering, martial arts inspired workout is non-contact and based on disciplines such as Karate, Boxing, Taekwondo and Muay Thai.

**3** 45 Mins

The original Les Mills barbell class that strengthens and tones your entire body using weights and a Les Mills Smart Bar. \*16 years and above.

3 45 Mins

Work up a sweat and burn calories with this indoor cycling workout, riding through different terrains with your instructor to the rhythm of powerful music.

### ZUMBA

**45 Mins** 

Zumba classes take the 'work' out of workout, by mixing low and high intensity moves for a fun, calorie-burning dance fitness party! It's a total body workout combining all elements of fitness, but most importantly it's super fun!

# ZUMBA GOLD

**45 Mins** 

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

# **CLUBBERCISE**

**45 Mins** 

Held in the dark and A fun. dance-inspired using glow sticks as workout with great fun props, improve music to get your whole your fitness with easy body moving! Suitable to follow dance, combat for all levels, you'll and cardio moves to club dance, box, squat, anthems from the 90's crunch and sing in to today. this class - who said workouts couldn't be fun?

### **ABT**

3 45 Mins

Let's work your Abs. Butts and Thighs! This is a freestyle workout to help strengthen and tone your whole lower body.

#### **PILATES**

(9 60 Mins

Develop muscle tone and improve alignment throughout your body. Pilates can help correct weaknesses, make you more resistant to injury and enhance core

strength and posture.

(9 60 Mins

Wind down and work your flexibility and strength. Focus on breath and mental awareness while working through postures to keep you calm and centred.

# YOGALATES

⊕ 60 Mins

This class is a restorative combination of Yoga and Pilates to help manage pain and prevent injuries. Finishing with a calm meditation at the end. this is a complete wellbeing class.

# OMNIA\*

③ 30 Mins

A functional training class which optimises strength, endurance, flexibility, coordination and speed. Small group training sessions, providing individual attention with a sense of community.

\*16 years and above.

# **OMNIA** SENIOR\*\*

(3) 30 Mins

A low-impact, functional training session designed specifically for seniors. \*\*50 years and above.

# **OMNIA** STRONG\*

(5) 45 Mins

A slightly more intense version of our popular Omnia class, designed for more experienced users and concentrating scheduled classes now on strength and conditioning.

\*16 years and above.

# LES MILLS **VIRTUAL**

(1) 15 - 60 Mins

Les Mills Virtual is here! Enjoy world-class group fitness with highenergy, on-demand and available.

Classes listed as 'V.' are scheduled Virtual classes. 'On Demand' timeslots allow you to choose your class.

#### **NEW VIRTUAL OPTIONS**

**CLUB FIES** 

**45 Mins** 

GRIT: a 30 minute HIIT class with Strength, Cardio and Athletic options.

Body Attack: an athletic workout focusing on cardio fitness, stamina and agility.

Core: a 30 or 45min class focusing on strengthening the core muscles for balance and stability.

LM Dance: a fun dance class improving fitness, coordination and dance skills.

### **AQUA DEEP**

(5) 45 Mins

Held in our 50m pool. A great cardiovascular workout using a buoyancy belt in deep water.

# **AQUA ENERGY**

(5) 45 Mins

Held in our indoor 25m pool, this is a high energy workout class designed for all fitness levels to help improve cardiovascular fitness and stamina.

#### **AQUA FIT**

( ) 45 Mins

Held in our 25m pool. A low impact, cardio workout using a variety of equipment where participants can control the intensity dependent on their fitness level.

**PLEASE NOTE** 

# **AQUA HIIT**

(§) 45 Mins

Held outside in the 50m pool, this is a high intensity workout focusing on interval training to improve cardiovascular fitness fast!

# AUUA STRENGTH

**3** 45 Mins

Held in our indoor 25m pool, this low intensity class uses a variety of equipment for a total body workout, designed to improve strength and core stability.

# AUUA ZUMBA

**3** 45 Mins

Come and try this waterbased dance class! It's a low impact, high-energy and super fun aquatic exercise class suitable for all fitness levels.

# **VIRTUAL SPRINT**

③ 30 Mins

In this High-Intensity Interval Training (HIIT) Cycle workout, you'll work as hard as possible in short, intense bursts; then recover during rest periods that prepare you for the next effort, taking your training to the next level!

# **VIRTUAL** THE TRIP

**45 Mins** 

In this Cycle class, you'll take a journey through bright, colourful, and fun digitally-created worlds in this fully immersive workout experience suitable for all fitness levels.

Please note, safety is always our number one priority. Virtual classes may feature the use of strobe lighting, flashing, and rapid imagery changes and are not suitable for those prone to seizures. Nausea and disorientation may be experienced by some participants, particularly those who suffer from motion sickness.



- Late entry is not allowed. Please turn up early to class.
- Classes are regularly reviewed and are subject to change at any time.
- Please ensure you book into every class prior to attending, scan in and bring a full-sized towel.
- Agua participants please collect a wristband at least 5 minutes prior to class in order to gain admittance.
- This Timetable is current as of Monday 30 June 2025.