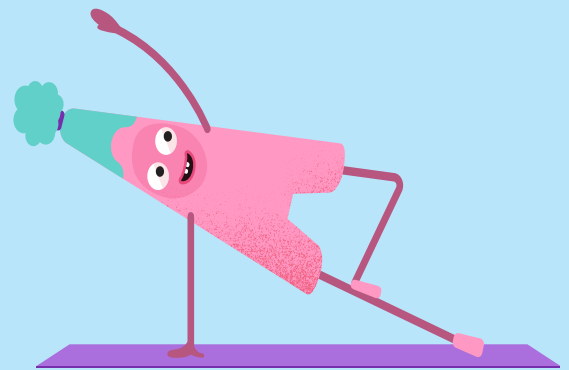


# GROUP FITNESS TIMETABLE

## MAIN STUDIO

|          | MON                            | TUE                           | WED                           | THU                           | FRI                           |
|----------|--------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| 5.45 AM  | <b>BODYPUMP</b><br>30 mins     | <b>WAR</b><br>60 mins         | <b>BODYPUMP</b><br>55 mins    | <b>BOXING</b><br>45 mins      | <b>BODYPUMP</b><br>30 mins    |
| 6.20 AM  | <b>CXWORX</b><br>30 mins       |                               |                               |                               | <b>BODYCOMBAT</b><br>30 mins  |
| 8.35 AM  | <b>HIIT + BOOTY</b><br>45 mins | <b>BODYPUMP</b><br>45 mins    |                               | <b>ABT</b><br>45 mins         |                               |
| 9.15 AM  |                                |                               | <b>BODYATTACK</b><br>45 mins  |                               | <b>POWER STEP</b><br>45 mins  |
| 9.30 AM  | <b>BODYPUMP</b><br>60 mins     | <b>METAFIT</b><br>30 mins     |                               | <b>BODYCOMBAT</b><br>30 mins  |                               |
| 10.05 AM |                                | <b>BOXING</b><br>30 mins      | <b>CXWORX</b><br>30 mins      | <b>BODYPUMP</b><br>45 mins    | <b>ABT</b><br>45 mins         |
| 10.40 AM | <b>YOGALATES</b><br>75 mins    | <b>PILATES</b><br>60 mins     | <b>BODYBALANCE</b><br>60 mins |                               |                               |
| 11.00 AM |                                |                               |                               | <b>YOGALATES</b><br>60 mins   | <b>YOGA</b><br>60 mins        |
| 5.15 PM  | <b>BODYPUMP</b><br>30 mins     | <b>METAFIT</b><br>30 mins     | <b>CLUBBERCISE</b><br>50 mins | <b>BODYATTACK</b><br>30 mins  | <b>BODYBALANCE</b><br>60 mins |
| 5.50 PM  | <b>CXWORX</b><br>30 mins       | <b>CORE</b><br>30 mins        |                               | <b>BODYPUMP</b><br>30 mins    |                               |
| 6.15 PM  |                                |                               | <b>BODYPUMP</b><br>50 mins    |                               |                               |
| 6.25 PM  | <b>ZUMBA</b><br>45 mins        | <b>BODYPUMP</b><br>45 mins    |                               | <b>CLUBBERCISE</b><br>50 mins |                               |
| 7.15 PM  | <b>YOGA</b><br>60 mins         | <b>BODYBALANCE</b><br>60 mins | <b>PILATES</b><br>60 mins     |                               |                               |

|          | SAT                           | SUN                          |
|----------|-------------------------------|------------------------------|
| 9.05 AM  | <b>BODYPUMP</b><br>45 mins    | <b>BODYCOMBAT</b><br>50 mins |
| 10.00 AM | <b>ZUMBA</b><br>55 mins       | <b>BODYPUMP</b><br>55 mins   |
| 11.00 AM | <b>BODYBALANCE</b><br>60 mins |                              |
| 4.00 PM  |                               | <b>YOGA</b><br>60 mins       |



## STUDIO 2

|          | MON                            | TUE                     | WED                            | THU                     | FRI                            |
|----------|--------------------------------|-------------------------|--------------------------------|-------------------------|--------------------------------|
| 5.10 AM  | <b>OMNIA</b><br>30 mins        |                         | <b>OMNIA</b><br>30 mins        |                         | <b>OMNIA</b><br>30 mins        |
| 5.30 AM  |                                | <b>OMNIA</b><br>30 mins |                                | <b>OMNIA</b><br>30 mins |                                |
| 5.45 AM  | <b>RPM</b><br>45 mins          |                         | <b>RPM</b><br>45 mins          |                         | <b>RPM</b><br>45 mins          |
| 6.15 AM  |                                | <b>OMNIA</b><br>30 mins |                                | <b>OMNIA</b><br>30 mins |                                |
| 6.35 AM  | <b>OMNIA</b><br>30 mins        |                         | <b>OMNIA</b><br>30 mins        |                         | <b>OMNIA</b><br>30 mins        |
| 8.45 AM  |                                | <b>OMNIA</b><br>30 mins |                                | <b>OMNIA</b><br>30 mins |                                |
| 9.15 AM  | <b>OMNIA</b><br>30 mins        |                         | <b>OMNIA</b><br>30 mins        |                         | <b>OMNIA</b><br>30 mins        |
| 9.30 AM  |                                | <b>RPM</b><br>45 mins   |                                | <b>RPM</b><br>45 mins   |                                |
| 10.00 AM | <b>OMNIA</b><br>30 mins        |                         | <b>OMNIA</b><br>30 mins        |                         | <b>OMNIA</b><br>30 mins        |
| 10.45 AM | <b>OMNIA SENIOR</b><br>30 mins |                         | <b>OMNIA SENIOR</b><br>30 mins |                         | <b>OMNIA SENIOR</b><br>30 mins |
| 4.40 PM  | <b>OMNIA</b><br>30 mins        |                         | <b>OMNIA</b><br>30 mins        |                         |                                |
| 5.15 PM  | <b>RPM</b><br>45 mins          |                         |                                | <b>RPM</b><br>45 mins   | <b>OMNIA</b><br>30 mins        |
| 5.30 PM  |                                | <b>OMNIA</b><br>30 mins | <b>OMNIA</b><br>30 mins        |                         |                                |
| 6.05 PM  | <b>OMNIA</b><br>30 mins        |                         |                                |                         | <b>OMNIA</b><br>30 mins        |
| 6.15 PM  |                                | <b>OMNIA</b><br>30 mins | <b>RPM</b><br>45 mins          |                         |                                |

|          | SAT                     | SUN                     |
|----------|-------------------------|-------------------------|
| 7.30 AM  | <b>OMNIA</b><br>30 mins |                         |
| 8.15 AM  | <b>RPM</b><br>45 mins   |                         |
| 9.15 AM  | <b>RPM</b><br>45 mins   | <b>OMNIA</b><br>45 mins |
| 10.05 AM | <b>OMNIA</b><br>45 mins | <b>OMNIA</b><br>30 mins |

## HEALTH CLUB

|          | MON                                 | TUE                                 | WED                                 | THU                                 | FRI                     |
|----------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------|
| 10.30 AM | <b>LLLS</b><br>120 mins             |                                     | <b>LLLS</b><br>120 mins             |                                     | <b>LLLS</b><br>120 mins |
| 3.30 PM  | <b>FITNESS FOR TEENS</b><br>90 mins | <b>FITNESS FOR TEENS</b><br>90 mins | <b>FITNESS FOR TEENS</b><br>90 mins | <b>FITNESS FOR TEENS</b><br>90 mins |                         |

## AQUA FITNESS

|          | MON                        | TUE                         | WED                         | THU                        | FRI                        |
|----------|----------------------------|-----------------------------|-----------------------------|----------------------------|----------------------------|
| 5.45 AM  |                            | <b>AQUA FIT</b><br>45 mins  |                             |                            |                            |
| 8.40 AM  | <b>AQUA FIT</b><br>45 mins |                             |                             |                            | <b>AQUA FIT</b><br>45 mins |
| 9.30 AM  | <b>AQUA FIT</b><br>45 mins |                             | <b>AQUA FIT</b><br>45 mins  |                            |                            |
| 10.30 AM |                            | <b>AQUA FIT</b><br>45 mins  | <b>AQUA DEEP</b><br>45 mins | <b>AQUA FIT</b><br>45 mins |                            |
| 5.30 PM  |                            | <b>AQUA DEEP</b><br>45 mins | <b>AQUA FIT</b><br>45 mins  | <b>AQUA FIT</b><br>45 mins |                            |
| 6.30 PM  | <b>AQUA FIT</b><br>45 mins |                             |                             |                            |                            |

|          | SAT                         | SUN                        |
|----------|-----------------------------|----------------------------|
| 9.15 AM  | <b>AQUA DEEP</b><br>45 mins | <b>AQUA FIT</b><br>45 mins |
| 10.15 AM | <b>AQUA FIT</b><br>45 mins  |                            |

## ARENA

4 Townley St, Armadale

|         | MON                   | TUE                   | WED                          | THU                   | FRI | SAT                                  |
|---------|-----------------------|-----------------------|------------------------------|-----------------------|-----|--------------------------------------|
| 9.30 AM | <b>WAR</b><br>60 mins | <b>RIP</b><br>60 mins | <b>POWER STEP</b><br>60 mins | <b>RIP</b><br>60 mins |     | 9.00 AM <b>FUSION MIX</b><br>60 mins |

All boxing classes require BYO gloves and/or inners

Updated 20 July 2020

## BODYPUMP

The original barbell class that strengthens and tones your entire body by working all the major muscle groups using weights and a Les Mills Smart Bar.

## CXWORX

A personal training inspired core workout which strengthens and tones your entire body, stabilising muscles to help you in your training as well as everyday activities.

## BODYATTACK

A high energy, sports-inspired cardio workout for building strength and stamina.

## BODYCOMBAT

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.

## BODYBALANCE

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

## RPM

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.

## METAFIT

A high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.

## HIIT + BOOTY

Shred fat & shape your booty starting with 20 minutes of high intensity interval training combining light weights and plyometrics, increasing strength, muscular endurance, metabolism and power, followed by 20 minutes of toning exercises to shape your booty using weights & resistance

## CORE

This class will give you a total body workout with a focus on the abs and core.

## ABT

Abs Butts Thighs. A freestyle workout to help improve strength and conditioning of the lower body.

## YOGA

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

A fusion class that merges the ancient practise of Yoga with the core stabilising, posture enhancing dynamics of Pilates.

## PILATES

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.

## ZUMBA

Take the 'work' out of workout and dance your way to fitness with hypnotic Latin rhythms and easy to follow moves!

## BOXING

Working with gloves and pads, get a full body workout while punching your way to fitness. Bring a partner or team up with someone in the class. Pads and gloves are provided or bring your own. Inners are essential and can be purchased at reception.

## FITNESS FOR TEENS

Fitness for Teens is designed for 12 to 17 year olds and is based on the participants goals to get the most out of their health.

## AQUA FIT

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.

## AQUA DEEP

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

## LLLS

LLLS is developed for people aged 55 years and over and is specifically prescribed based on individual needs and goals to improve overall health and fitness.

## CLUBBERCISE

Clubbercise is more than just a dance class - the easy to follow dance, toning, combat and cardio moves increase fitness benefits and keep participants coming back for more with a mix of 90's classics to the latest floor-fillers

## FUSION MIX

Get a taste of two sessions in one with our exciting FUSION MIX class. A whole hour incorporating tracks from some of our most popular formats. This class is going to keep your body guessing from start to finish.

## WAR

WAR is an exhilarating total body workout where a fusion of martial arts meets chart topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros. Group Rx™

## RIP

RIP is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere. Group Rx™

## POWER STEP

POWER STEP features functional athletic training and incorporates a platform for cardio, power, strength, balance, and agility training. The athletic choreography will have an immediate impact that will ignite your passion for fitness. Group Rx™

## OMNIA

A functional training class which optimises strength, endurance, flexibility, coordination and speed. It is designed specifically for small groups (up to 12), to provide the same individual attention as one on one training but also the community dynamic of training in a group setting.

## OMNIA SENIOR

Functional training specifically designed for seniors.

All 30 minute classes do not include a cool down, to maximise your training time with our friendly instructors. We encourage participants to complete their own cool down after the class.

