

# GROUP FITNESS TIMETABLE

Classes are suitable for all fitness levels but if you're looking for a more challenging workout, try one of the 45 minute Omnia classes!

## MAIN STUDIO

	MON	TUE	WED	THU	FRI
5.45 AM	<b>YOGA</b> 60 mins	<b>BODYPUMP</b> 45 mins		<b>YOGA</b> 60 mins	<b>BODYPUMP</b> 45 mins
7.15 AM		<b>YOGA</b> 45 mins		<b>BOXING</b> 45 mins	
8.35 AM		<b>BODYPUMP</b> 45 mins		<b>ABT</b> 45 mins	
9.15 AM			<b>BODYATTACK</b> 45 mins		<b>POWER STEP</b> 45 mins
9.30 AM	<b>BODYPUMP</b> 60 mins	<b>ZUMBA</b> 60 mins		<b>BODYCOMBAT</b> 30 mins	
10.05 AM			<b>LES MILLS CORE</b> 30 mins	<b>BODYPUMP</b> 45 mins	<b>ABT</b> 45 mins
10.40 AM	<b>YOGALATES</b> 75 mins	<b>PILATES</b> 60 mins	<b>BODYBALANCE</b> 60 mins		
11.00 AM				<b>YOGALATES</b> 75 mins	<b>YOGA</b> 60 mins
5.15 PM	<b>BODYPUMP</b> 30 mins	<b>HIIT</b> 30 mins	<b>CLUBBERCISE</b> 60 mins	<b>BODYATTACK</b> 30 mins	<b>BODYBALANCE</b> 60 mins
5.50 PM	<b>LES MILLS CORE</b> 30 mins	<b>CORE</b> 30 mins		<b>BODYPUMP</b> 30 mins	
6.25 PM	<b>ZUMBA</b> 45 mins	<b>BODYPUMP</b> 45 mins	<b>BODYPUMP</b> 45 mins	<b>CLUBBERCISE</b> 45 mins	
7.15 PM	<b>YOGA</b> 60 mins	<b>BODYBALANCE</b> 60 mins	<b>PILATES</b> 60 mins	<b>PILATES</b> 60 mins	



	SAT	SUN
8.05 AM	<b>BODYPUMP</b> 45 mins	<b>PILATES FLOW</b> 50 mins
9.05 AM	<b>BODYATTACK</b> 50 mins	<b>BODYPUMP</b> 45 mins
10.00 AM	<b>ZUMBA</b> 55 mins	<b>BODYCOMBAT</b> 45 mins
11.00 AM	<b>BODYBALANCE</b> 60 mins	
4.00 PM		<b>YOGA</b> 60 mins

## STUDIO 2

	MON	TUE	WED	THU	FRI
5.10 AM	<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins
5.30 AM		<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins	
5.45 AM	<b>RPM</b> 45 mins		<b>RPM</b> 45 mins		<b>RPM</b> 45 mins
6.15 AM		<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins	
6.35 AM	<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins
7.30 AM		<b>OMNIA SENIOR</b> 30 mins		<b>OMNIA SENIOR</b> 30 mins	
8.45 AM		<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins	
9.15 AM	<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins
9.30 AM		<b>RPM</b> 45 mins		<b>OMNIA</b> 45 mins	
10.00 AM	<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins
10.20 AM		<b>OMNIA</b> 30 mins			
10.45 AM	<b>OMNIA SENIOR</b> 30 mins		<b>OMNIA SENIOR</b> 30 mins		<b>OMNIA SENIOR</b> 30 mins
4.40 PM	<b>OMNIA</b> 30 mins		<b>OMNIA</b> 30 mins		
5.20 PM	<b>OMNIA</b> 30 mins			<b>OMNIA</b> 45 mins	<b>OMNIA</b> 30 mins
5.30 PM		<b>OMNIA</b> 30 mins	<b>OMNIA</b> 30 mins		
5.55 PM	<b>RPM</b> 45 mins				
6.15 PM		<b>OMNIA</b> 45 mins	<b>RPM</b> 45 mins		

## HEALTH CLUB

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

## AQUA FITNESS

	MON	TUE	WED	THU	FRI
5.45 AM		<b>AQUA FIT</b> 45 mins			
8.40 AM	<b>AQUA STRENGTH</b> 45 mins		<b>AQUA ENERGY</b> 45 mins		<b>AQUA STRENGTH</b> 45 mins
9.30 AM	<b>AQUA CARDIO</b> 45 mins	<b>AQUA FIT</b> 45 mins	<b>AQUA FIT</b> 45 mins	<b>AQUA FIT</b> 45 mins	<b>AQUA HIIT</b> 30 mins
5.30 PM		<b>AQUA DEEP</b> 45 mins	<b>AQUA FIT</b> 45 mins	<b>AQUA FIT</b> 45 mins	
6.30 PM	<b>AQUA FIT</b> 45 mins				

	SAT	SUN
8.40 AM	<b>AQUA DEEP</b> 45 mins	
9.30 AM	<b>AQUA ENERGY</b> 45 mins	<b>AQUA FIT</b> 45 mins

## ARENA

4 Townley St, Armadale

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

	SAT	SUN
7.10 AM	<b>RPM</b> 45 mins	
8.05 AM	<b>OMNIA</b> 45 mins	<b>RPM</b> 45 mins
9.00 AM	<b>RPM</b> 45 mins	<b>OMNIA</b> 45 mins
9.50 AM	<b>OMNIA</b> 45 mins	<b>OMNIA</b> 45 mins

Boxing classes will now be in the Main Group Fitness Studio and require BYO glove inners, which can be purchased at reception. Alternatively you can bring your own pads and gloves.

\*Please note that Body Pump, Les Mills CORE, RPM and Clubbercise classes are suitable for 16 years and over only.

This timetable is current as of 1st February 2021.

Please note that classes are regularly reviewed and are subject to change at any time.

## BODYPUMP

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

## LES MILLS CORE

Les Mills CORE (formally CXWORX) is a core workout designed to build strength, stability and endurance in the muscles that support your core, including the abdominals, glutes and back muscles.

\*16 years and above

## BODYATTACK

A high energy cardio class to improve cardiovascular fitness and endurance.

## BODYCOMBAT

A high-energy, mixed martial art inspired, non-contact workout. Punch and kick your way to fitness.

## BODYBALANCE

A Yoga based class that incorporates Tai-Chi and Pilates movements. Body Balance will strengthen and lengthen your entire body, leaving you feeling calm and centered.

## RPM

An indoor cycling class set to the rhythm of motivating music. Ride through different terrains to burn calories and increase cardiovascular fitness.

## BOXING

Enjoy boxing drills and partner work to get a full body workout. Pads and gloves are provided, although it is recommended to bring your own. \*Glove inners are mandatory and can be purchased at reception.

## HIIT

A 30 minute High Intensity Interval Training class. HIIT will increase aerobic fitness, build lean muscle and burn calories for hours after you've completed this class.

## CORE

This class will give you a total body workout focusing on strengthening your abs, back and core muscles.

## ABT

This Abs, Butts and Thighs class is a freestyle workout that will strengthen and tone the major muscle groups of the lower body using both resistance and body weight based exercises.

## YOGA

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

## YOGALATES

This class is a therapeutic and restorative combination of Tai Chi, Yoga, Pilates and Physio rollers to manage pain and old injuries. Calm your mind, body and soul with a guided meditation at the end of the class.

## PILATES

Develop muscle, tone and improve posture and alignment throughout your body. Pilates can help correct weaknesses, prevent injury and enhance core strength.

## PILATES FLOW

Enjoy all the benefits of Pilates with this dynamic class, focusing more on movement and flow.

## 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. Participants are required to book in for a program consultation at the Health Club prior to attending this session.

## FITNESS FOR TEENS

This session is designed for 12-17 year olds and is based on each individual's goals. Participants are required to book in for a program consultation at the Health Club prior to joining this session.

## AQUA CARDIO

Held in our indoor 25m pool, this class uses body weight exercises to increase the heart rate and improve fitness, stamina and endurance.

## AQUA HIIT

Held in our indoor 25m pool, this 30 minute, high intensity cardio workout focuses on interval training to improve cardio fitness fast!

## AQUA FIT

Held in our indoor 25m pool, this is a water based workout suitable for all fitness levels. Using a variety of equipment, participants can control the intensity of their workout dependent on their fitness level.

## AQUA DEEP

Held in our outdoor 50m pool, participants use a buoyancy belt to stay afloat in the deep end of the pool. A great workout to help improve fitness and core stability

## AQUA ENERGY

Held in the shallow end of our outdoor 50m pool, this is a high energy workout class designed for all fitness levels to help improve cardiovascular fitness and stamina.

## AQUA STRENGTH

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

## CLUBBERCISE

Held in the dark and using glow sticks as fun props, improve your fitness with easy to follow dance, combat and cardio moves to a mixture of 90's dancefloor classics.

\*16 years and above

## ZUMBA

Take the 'work' out of workout and have some fun! Dancing to a mixture of rhythms with easy moves, this class is fun, energetic

## WAR

This is a total body cardio workout using martial art-inspired moves to chart-topping music. Learn how to punch and kick in a mixture of non-contact combinations. This is a Group Rx™ class.

## RIP

Using both weighted and body weight exercises, this barbell workout works to strengthen and tone the entire body. This is a Group Rx™ class.

## FUSION MIX

A mixture of any two of our Group Rx sessions in one!

## POWER STEP

This functional and athletic training incorporates a raised step to improve cardio, power, strength, balance and agility. This is a Group Rx™ class.

## OMNIA

A functional training class that helps to optimise strength, endurance, flexibility, coordination and speed. Designed for small groups up to 12 people, providing the benefits of group training whilst still receiving individual attention from our instructors.

## OMNIA SENIOR

A low impact functional training session designed specifically for seniors and complete beginners.

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.

