

CLASS DESCRIPTIONS

CLASS	DURATION	FOCUS	INTENSITY	DESCRIPTION
BODYCOMBAT	60 minutes	Cardio & Resistance	Moderate to High	A high-energy martial arts inspired workout which works out the whole body and leaves you feeling empowered.
BODYPUMP	45-55 minutes	Strength & Sculpting	Moderate to High	A barbell workout for anyone looking to get lean, toned and fit – fast.
BOXING	60 minutes	Cardio & Resistance	Moderate to High	A high energy fitness class which will improve you technique, stamina, cardio, and strength.
CIRCUIT	45 minutes	Cardio & Resistance	Moderate to High	Circuit style training with a focus on total body strength and conditioning.
CORE+	30 minutes	Resistance & Core	Moderate	Work with resistance tubes, weight plates, and body weight for a great core workout.
COREPOWER	30-45 minutes	Strength & Toning	Moderate	Traditional pilates combined with modern fitness techniques for a full-body workout that focuses on strengthening and toning your core, improving posture and increasing flexibility.
GLUTES GALORE	45 minutes	Strength & Sculpting	Moderate	Small group class focusing on improving lower-body strength and sculpting your glutes, quads, thighs, and core – Working first on form and technique, before progressively increasing resistance levels.
GUNS GALORE	45 minutes	Strength & Sculpting	Moderate	Small group class focusing on improving upper-body strength and sculpting your back, shoulders, chest and arms – Working first on form and technique, before progressively increasing resistance levels.
PHIIT	30 minutes	High-Intensity Interval Training	High	Body-weight exercises with interval style training designed to keep your body burning calories long after your training session is complete.
RPM	30-45 minutes	Indoor Cycling	High	A journey of hill climbs, sprints and flat riding where you control the intensity – Fun low impact exercise.
SALT	60 minutes	Strength & Conditioning	Low	Senior Adults Living Triumphantlly – The free wellness program for all residents over 50.
SPRINT	30 minutes	Indoor Cycling	High	HIIT workout with bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.
SUPERSETS	30 minutes	Strength & Conditioning	Moderate to High	Strength training in which you incorporate multiple movements for a balanced and effective workout.
SWEATX	30-45 minutes	Cardio & Resistance	Moderate to High	Bike, box, run, push, pull, lunge and skip inbetween routines of concentrated muscle burning dumbbell and kettlebell intervals.
YOGA	60 minutes	Mind & Body	Low	A widely practiced activity which cultivates general health and wellbeing, while also improving flexibility, mobility and coordination.
YIN YOGA	60-75 minutes	Mind & Body	Low	Yin yoga stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body.

GROUP FITNESS TIMETABLE

v1.4.06 Jan-March

COREPOWER NEW CLASS

Traditional pilates combined with modern fitness techniques for a full-body workout that focuses on strengthening and toning your core, improving posture and increasing flexibility

YIN YOGA EXTRA LONG

Yin Yoga on Thursdays has now been extended to 60-75 minutes



GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7



Colin Matheson
Pavilion



30 Minute
Express Class

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	YOGA			YOGA			
8:15am						LES MILLS BODY PUMP	
8:45am	CIRCUIT	SWEAT X	SUPERsets	BOXING	CORE POWER		
9:40am							YOGA
10:00am							
10:15am	// SALT	GLUTES GALORE	CORE+	GUNS GALORE			
11:00am							
12:00pm							
2:30pm							
4:30pm	SWEAT X	LES MILLS SPRINT	LES MILLS BODY PUMP	LES MILLS RPM	LES MILLS BODYCOMBAT		
5:15pm	LES MILLS BODY PUMP	CORE+			CORE+		
5:30pm							
6:00pm							
6:15pm		YOGA		YIN YOGA			
7:00pm							

CRÈCHE HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Session 1	8:30-9:55am	8:30-9:55am	8:30-9:55am	8:30-9:55am	8:30-9:55am	8:00-9:25am	8:00-9:25am
Session 2	10:00-11:25am	10:00-11:25am	10:00-11:25am	10:00-11:25am	10:00-11:25am	9:30-11:10am	9:30-11:10am
Session 3	4:15-6:15pm	4:15-6:15pm	4:15-6:15pm	4:15-6:15pm	4:15-6:15pm	-	-

All classes are at Wanangkura Stadium unless otherwise specified – For class updates, subscribe to text notifications at fitns.me/text