

# CLASS DESCRIPTIONS

| CLASS                        | DURATION      | FOCUS                   | INTENSITY        | DESCRIPTION   |
|------------------------------|---------------|-------------------------|------------------|---|
| BODYBALANCE®                 | 45 minutes    | Mind & Body             | Low              | A yoga-based class that improves flexibility and core strength while helping focus and reducing stress.   |
| BODYPUMP®                    | 45-60 minutes | Strength & Sculpting    | Moderate to High | A barbell workout for anyone looking to get lean, toned and fit – fast.   |
| BODYCOMBAT®                  | 30 minutes    | Cardio & Resistance     | Moderate to High | A high-energy martial arts inspired workout which works out the whole body and leaves you feeling empowered.  |
| BOXING                       | 45 minutes    | Cardio & Resistance     | Moderate to High | A high energy fitness class which will improve you technique, stamina, cardio, and strength.  |
| BREATH OF LIFE ('PRANAYAMA') | 55 minutes    | Mind & Body             | Low              | Pranayama involves breathing exercises and patterns to reduce stress, improve concentration and increase energy levels.   |
| CORPORATE FITNESS            | 60-90 minutes | Strength & Conditioning | Moderate         | Custom classes designed for our corporate partners – General admittance not available.  |
| DANCE!™ BHANGRA              | 30 minutes    | Dance & Cardio          | Low to Moderate  | A new high energy class that combines conventional Bhangra movements with cardio routines to improve coordination, muscle tone and aerobic fitness!   |
| HIIT CARDIO                  | 30 minutes    | Cardio & Resistance     | High             | Alternate between high intensity movements and short periods of lower intensity exercise, using just your own body weight to boost your cardio fitness.   |
| HIIT POWER                   | 45-55 minutes | Cardio & Resistance     | High             | Alternate between high intensity movements and short periods of lower intensity exercise, using your own body weight and additional weights to rapidly increase performance and cardio fitness.                                 |
| PILATES                      | 45 minutes    | Strength & Sculpting    | Low to Moderate  | Pilates increases flexibility, builds strength, develops control and improves endurance throughout the whole body. It places emphasis on alignment, breathing, developing a strong core and improving coordination and balance. |
| SALT                         | 60 minutes    | Strength & Conditioning | Low              | Senior Adults Living Triumphantly – The free wellness program for all residents over 50.  |
| SHAPES™                      | 45 minutes    | Strength & Sculpting    | Moderate         | A fusion of pilates, barre and power yoga which builds strength, improves posture and sculpts core muscles.   |
| STRENGTH DEVELOPMENT™        | 45 minutes    | Strength & Conditioning | Moderate         | A new strength training program from Les Mills based on strength and conditioning science comprised of 12 workouts completed in sequence to effectively maximise gains.   |
| SPIN                         | 30 minutes    | Indoor Cycling          | High             | Freestyle Cycling HIIT workout which simulates riding across different terrains.  |
| SUPERSETS+                   | 45-55 minutes | Strength & Conditioning | Moderate to High | Strength based training with a core workout at the end for a balanced and effective full-body workout.  |
| YOGA                         | 60 minutes    | Mind & Body             | Low              | A widely practiced activity which cultivates general health and wellbeing, while also improving flexibility, mobility and coordination.   |

## GROUP FITNESS TIMETABLE

*School Holidays Edition*

**07/07-20/07**

### REMINDER CLASS BOOKINGS

*If you change your mind or can't make it to class for any reason, please make sure you cancel your booking online so your fellow members get a chance to book in*

### ON DEMAND GRATWICK GYM

*With Les Mills Virtual, members have access to 1000+ workouts from the world's best trainers 24-7 at Gratwick Gym*



# GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7 **WEEK 1**



30 Minute  
Express Class



Colin Matheson  
Pavilion

| DAY/TIME | MONDAY, 07/07           | TUESDAY, 08/07       | WEDNESDAY, 09/07        | THURSDAY, 10/07            | FRIDAY, 11/07      | SATURDAY, 12/07 | SUNDAY, 13/07 |
|----------|-------------------------|----------------------|-------------------------|----------------------------|--------------------|-----------------|---------------|
| 6:00am   | <b>M YOGA</b>           |                      |                         | <b>M YOGA</b>              |                    |                 |               |
| 7:00am   |                         |                      |                         |                            |                    |                 |               |
| 8:00am   |                         |                      |                         |                            |                    |                 |               |
| 8:30am   |                         |                      |                         |                            |                    |                 |               |
| 9:00am   | <b>LES MILLS Shapes</b> | Strength Development | <b>SPIN</b>             | <b>LES MILLS BODY PUMP</b> | <b>HIIT CARDIO</b> |                 |               |
| 9:40am   |                         |                      | <b>LES MILLS Shapes</b> |                            |                    |                 |               |
| 10:00am  |                         |                      |                         |                            |                    |                 | <b>YOGA</b>   |
| 10:15am  |                         |                      |                         |                            |                    |                 |               |
| 11:00am  |                         |                      |                         |                            |                    |                 |               |
| 12:00pm  |                         |                      |                         |                            |                    |                 |               |
| 4:30pm   | <b>SUPERSETS+</b>       | <b>HIIT CARDIO</b>   | <b>BOXING</b>           |                            | <b>HIIT POWER</b>  |                 |               |
| 5:10pm   |                         |                      |                         |                            |                    |                 |               |
| 5:30pm   |                         |                      |                         |                            |                    |                 |               |
| 6:15pm   |                         |                      |                         |                            |                    |                 |               |
| 6:30pm   |                         |                      |                         |                            |                    |                 |               |
| 7:00pm   |                         |                      |                         |                            |                    |                 |               |

| CRÈCHE HOURS | MONDAY        | TUESDAY       | WEDNESDAY     | THURSDAY      | FRIDAY        | SATURDAY | SUNDAY       |
|--------------|---------------|---------------|---------------|---------------|---------------|----------|--------------|
| Session 1    | 8:45-10:15am  | 8:45-10:15am  | 8:45-10:15am  | 8:45-10:15am  | 8:45-10:15am  | -        | 8:15-9:45am  |
| Session 2    | 10:15-11:45am | 10:15-11:45am | 10:15-11:45am | 10:15-11:45am | 10:15-11:45am | -        | 9:45-11:15am |
| Session 3    | 4:15-5:45pm   | 4:15-5:45pm   | 4:15-5:45pm   | -             | 4:15-5:45pm   | -        | -            |

All classes are at Wanangkura Stadium unless otherwise specified – For class updates, subscribe to text notifications at [fitns.me/text](https://fitns.me/text)

# GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7 **WEEK2**

**M** Colin Matheson  
Pavilion

| DAY/TIME | MONDAY, 14/07              | TUESDAY, 15/07                                   | WEDNESDAY, 16/07 | THURSDAY, 17/07      | FRIDAY, 18/07    | SATURDAY, 19/07 | SUNDAY, 20/07 |
|----------|----------------------------|--|------------------|----------------------|------------------|-----------------|---------------|
| 6:00am   | <b>M</b> <b>YOGA</b>       |  |                  | <b>M</b> <b>YOGA</b> |                  |                 |               |
| 7:00am   |                            |  |                  |                      |                  |                 |               |
| 8:00am   |                            |  |                  |                      |                  |                 |               |
| 8:30am   |                            |  |                  |                      |                  |                 |               |
| 9:00am   | <b>LES MILLS</b><br>Shapes | Strength<br>Development <small>LES MILLS</small> | <b>HIITPOWER</b> | <b>HIITCARDIO</b>    | <i>BOXING</i>    |                 |               |
| 9:40am   |                            |  |                  |                      |                  |                 |               |
| 10:00am  |                            |  |                  |                      |                  |                 | <b>YOGA</b>   |
| 10:15am  |                            |  |                  |                      |                  |                 |               |
| 11:00am  |                            |  |                  |                      |                  |                 |               |
| 12:00pm  |                            |  |                  |                      |                  |                 |               |
| 4:30pm   | <b>SUPERSETS+</b>          | <b>HIITCARDIO</b>                                | <i>BOXING</i>    |                      | <b>HIITPOWER</b> |                 |               |
| 5:10pm   |                            |  |                  |                      |                  |                 |               |
| 5:30pm   |                            |  |                  |                      |                  |                 |               |
| 6:15pm   |                            |  |                  |                      |                  |                 |               |
| 6:30pm   |                            |  |                  |                      |                  |                 |               |
| 7:00pm   |                            |  |                  |                      |                  |                 |               |



**Group Fitness Classes On Demand**

Access 1000+ workouts from the world's  
best trainers 24-7 at Gratwick Fitness Centre

All classes are at Wanangkura Stadium unless otherwise specified – For class updates, subscribe to text notifications at [fitns.me/text](https://fitns.me/text)