



WaterMarc™
Banyule









GROUP EXERCISE TIMETABLE

From 1st November 2017

Classes and instructors are subject to change at short notice. | Tickets/wristbands are required to attend all group fitness classes. Tickets/wristbands are available from the reception desk or from the level one kiosk (excluding wristbands). | For the safety of our patrons and OH&S, your instructor will not allow you to participate in a class once it has started. | Please bring a towel and drink bottle to all classes.

1 Flintoff Street, Greensborough | watermarcbanyule.com.au | 9422 6111

GROUP EXERCISE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am	 John		BOXING John		 John		
7.10am						LES MILLS BODYPUMP Barbara	
8.15am			LES MILLS BODYVIVE 3.1* Meredith			BOXING John	
9.15am	LES MILLS BODYPUMP Denise	LES MILLS BODYSTEP Jade	CIRC-HIIT John	 Lauren	LES MILLS BODYPUMP Allison	LES MILLS BODYPUMP Kylie	LES MILLS BODYATTACK Barbara
10.20am	CIRCUIT Brett	LES MILLS SH'BAM Cathy	LES MILLS BODYPUMP Kylie	LES MILLS BODYVIVE 3.1* Kellie	 John	LES MILLS BODYVIVE 3.1* Kellie	LES MILLS BODYSTEP Timothy
11.15am						LES MILLS BODYSTEP Emily	LES MILLS SH'BAM Timothy
11.25am	LES MILLS BODYVIVE 3.1* Cathy						
4.00pm						LES MILLS BODYPUMP Allison/Kellie	LES MILLS BODYPUMP Jess
5.15pm	BOXING Carli		LES MILLS BODYPUMP Allison				
5.30pm		BOXING (40 mins)* 5.15pm for Technique Carli			 Lauren		
6.15pm	LES MILLS BODYPUMP Kylie	LES MILLS BODYATTACK Barbara	LES MILLS BODYSTEP Sue	LES MILLS BODYATTACK Jenna			
7.15pm	LES MILLS BODYATTACK Antonella	LES MILLS BODYPUMP Barbara	LES MILLS SH'BAM Cathy	LES MILLS BODYPUMP Sophie			
8.15pm	 Lesley		BOXING John				

WELLBEING STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am	LES MILLS BODYPUMP XPRESS CLASS Jenna	PILATES* Suzi	LES MILLS BODYBALANCE* Emily P	PILATES* Meredith			
7.00am	STRENGTHEN, STRETCH & RELAX* Andrea						
8.15am							YOGA BLEND* Karina
9.20am	YOGA BLEND* Bec	PILATES* Cathy	BARRE SCULPT* Meredith	PILATES* Carole	LES MILLS BODYBALANCE* Gizelle	PILATES* Carole	LES MILLS BODYBALANCE* Carole
10.25am	PILATES* Cathy	LES MILLS CXWORX Jade	CORE YOGA* Bec	PILATES, PROPS & STRETCH* Carole	YOGA BLEND* Bec	LES MILLS BODYBALANCE* Gizelle	PILATES, PROPS & STRETCH* Carole
11.25am		LES MILLS BODYBALANCE* Gizelle					
5.00pm							LES MILLS BODYBALANCE* Andrea
5.30pm		LES MILLS CXWORX Carleigh		LES MILLS CXWORX Kate			
6.15pm	BARRE SCULPT* Meredith	PILATES – Beg.* Suzi	LES MILLS BODYBALANCE* Denise	PILATES* Celine	VINYASA YOGA* Candra		
7.15pm	PILATES* Meredith	LES MILLS BODYBALANCE* Andrea	YOGA BLEND* Jade	LES MILLS BODYBALANCE* Ravyn	MEDITATION & RELAXATION* Candra		
8.15pm	LES MILLS CXWORX Carleigh	VINYASA YOGA* Candra	PILATES* Celine				

CYCLE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am		LES MILLS RPM Jess		LES MILLS RPM Ravyn			
8.15am						LES MILLS RPM Andrea	
9.15am	CYCLE Kylie	LES MILLS RPM Silvia	CYCLE Kylie	LES MILLS RPM Allison	CYCLE Xpress Kylie		LES MILLS RPM Silvia
10.20am						CYCLE Xpress Kylie	
6.15pm	LES MILLS RPM 30 mins Xpress Allison	LES MILLS RPM Carleigh	CYCLE FIT Celine	LES MILLS RPM Amanda			
7.15pm	LES MILLS sprint Carleigh		LES MILLS RPM 30 mins Xpress Graeme				

LUNCHTIME EXPRESS

	MON	TUE	WED	THU	FRI	SAT	SUN
12.00pm			BARRE SCULPT* Meredith	meta ii Kara			
12.30pm	YOGA BLEND* Karina	LES MILLS RPM Terri	CORE PILATES & STRETCH* Meredith	CIRCUIT (12.40pm) Kara			

WARM WATER PROGRAM POOL

	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am	AQUA STRENGTH* Kellie				AQUA STRENGTH* Carleigh		
8.30am						AQUA CARDIO* Denise	
9.15am	AQUA FUSION* Carol B.	AQUA FUSION* Kellie	AQUA CARDIO* Kara	AQUA STRENGTH* Kellie	AQUA CARDIO* Debrah		
9.30am						AQUA FUSION* Denise	
10.15am	AQUA CARDIO* Carol B.	AQUA CARDIO* Kellie	AQUA ZUMBA* Lesley	AQUA FUSION* Kara	AQUA ZUMBA* Lesley		
12.00pm		AQUA FUSION* Carol R. No class in school hols.					
6.00pm			AQUA CARDIO* Kellie				
7.00pm	AQUA FUSION* Shona		AQUA FUSION* Carleigh				
7.30pm		AQUA STRENGTH* Carole B.					

50 METRE POOL

	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am	DEEP WATER Carol R.	AQUA CARDIO* Carole R.	AQUA FUSION* Kara	AQUA CARDIO* Kara			
9.00am	AQUA CARDIO* Kellie						

Please make sure that you get a wristband from reception to attend any of the Aqua classes (excluding TRI classes). Wristbands are available 1 hour prior to the class commencement time, without any exceptions. If you arrive for a class and it already full, then you may get a wristband for the next class outside of the 1 hour limit.

SENIORS STRENGTH PROGRAM (see class descriptions for meeting points)

	MON	TUE	WED	THU	FRI	SAT	SUN
7.30am		Greensborough Mall Walkers	Greensborough Mall Walkers	Greensborough Mall Walkers			
11.20am	(11.30am) SS Falls Prevention Karina		SS Yoga* Bec	Senior Strength* LES MILLS CIXWORK Carol R			

Class Descriptions

GROUP EXERCISE

LES MILLS PROGRAMS

BODY ATTACK

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

BODY PUMP

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises with great music and awesome instructors inspiring you. Body Pump Xpress is a **50 minute Body Pump class**.

BODY STEP

An energising step workout that makes you feel alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music.

BODY VIVE* (45 mins)

The optimal mix of strength, cardio and core training. The mix of lunges, squats, running and tubing exercises with great music leave you buzzing with energy and feeling great. For all fitness levels.

CXWORX (30 mins)

Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body.

SH'BAM*

Featuring simple but seriously hot dance moves, it's the perfect way to shape up and let out your inner star!

OTHER PROGRAMS

BOOTCAMP

A hard core workout where you get out of your comfort zone and into the 'Training Zone' and improve your strength, stamina, and your will to survive in this hour long workout.

BOXING (Beginner's Boxing – 40 mins)

Punching technique, pad work, skipping, running and abdominal work will bring a sweat to the best of them. Let's burn some calories!

CIRC-HIIT (50 – 60 mins)

A mix of strength training and high intensity cardio intervals.

CIRCUIT (50 – 60 mins)

A traditional circuit training class that consists of stations. Different exercises at each station so that your entire body gets a great workout. Suitable for all fitness levels. There will be some basic boxing in this class.

METAFIT (30 mins)


A non-choreographed, high intensity interval training class. All exercises are body weight only. This class is designed to work you at maximum intensity to get you fitter, faster.

ZUMBA

Exotic rhythms set to high energy Latin and international beats. It's a combination of fitness and dance moves to swinging Latin music.

ZUMBA GOLD*

The lower impact, easy to follow, Latin inspired dance fitness party. While you're moving, dancing and having a blast, you're also enjoying a cardio workout, strengthening your muscles and bones.

 These classes have not been well attended and if class participation doesn't improve then they may be cancelled.

WELLBEING

BARRE SCULPT

A fusion of ballet barre, yoga and Pilates. Designed to challenge core stability and balance using bodyweight and light hand weights as resistance. Barre Sculpt will help you achieve a lean and strong body.

BODY BALANCE*

The Yoga, Tai Chi, Pilates' workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

PILATES*

Pilates will assist in strengthening your core area and improving your flexibility, by focusing on correct body alignment, breathing, and lengthening and strengthening your muscles.

PILATES, PROPS & STRETCH*

Using a variety of props to strengthen the core, increase flexibility and stamina and experience deep stretches. A class designed to work every muscle in the body and to improve blood circulation leaving you with a sense of well-being.

STRENGTHEN, STRETCH & RELAX*

A fusion of different elements of Pilates and Yoga with moves to strengthen and stretch your body. A relaxation session concludes the class. A great way to start the day.

YOGA*

Vinyasa Yoga is a dynamic and invigorating form of Yoga. Vinyasa means 'move in a special way'. Every class brings a different sequence from the one before. Classes incorporate sun salutations, strength building poses, stretching, breathing and relaxation.

Yoga Blend is a yoga practice focused on blending various styles of yoga with similar elements from Tai Chi and Pilates.

Core Yoga is a blend of yoga and pilates with a strong focus on core control and strength.

MEDITATION is a guided relaxation class. You are guided through the process of becoming aware of your thoughts and relaxing the entire body. Helps restore the mind and body and can improve stress and sleep. **Please bring yoga mat and a blanket.**

CYCLE

CYCLE (45 mins)

Whip off those training wheels and experience the super calorie burning class of your life! Your instructor will simulate a ride through various terrains set to motivating music that you can sing along too.

CYCLE FIT (45 mins)

A freestyle cycle class with more emphasis on 'training'. Each class will be goal and performance driven with participants watching their power output. Fitness tests and time trials will sometimes be a part of the class. Individuals work to their own limits and are only competing against themselves.

RPM (45 mins) and XPRESS (30 mins)

Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your inner athlete.

SPRINT (30 mins)

High intensity interval training (HIIT) on a bike. It's built on the sport of cycle sprinting which means you'll be taking your training to the next level with a workout that's all about speed.

SENIOR STRENGTH PROGRAM

SENIOR STRENGTH Falls Prevention* (Wellbeing Studio) The program aims to improve strength and balance, in order to minimize falls risk. Our goal is to educate the importance of balance training and how it can improve overall health.

SENIOR STRENGTH Circuit*

(Meet outside the gym)
Circuit style class in the gym suitable for older adults.

SENIOR STRENGTH Yoga*

(Wellbeing Studio)
A gentle yoga class with balancing practice included and little weight bearing on the hands. Conditions such as knee and hip replacements and arthritic joints are specifically catered for. Ideal for beginners, those wanting a slower, gentle class and people with specific health needs or who are recovering from injuries.

SENIOR STRENGTH CXworx*

(Wellbeing Studio)
Taught with older adults in mind, the instructor will take extra time to help with technique and offer alternatives for anyone with injuries or other constraints. Fifteen minutes stretch at the end. A fantastic way for people to transition into group fitness or a gym program.

GREENSBOROUGH MALL WALKERS*

Meet Greensborough Plaza outside Target, Level 2
An all-weather walking group inside Greensborough Plaza. Walk, talk and enjoy a cuppa afterwards.

POOL

AQUA CARDIO*

A cardiovascular based class designed to improve your most important muscle, your heart. It is an equipment free class with just you and your passion - just add water! Caters to all abilities.

AQUA STRENGTH*

An aquatic based class designed to increase muscle strength and endurance. This equipment based class uses noodles, kickboards and aqua dumbbells as your tools to fight against the war on aging.

AQUA FUSION*

Designed to give you some strength based results while producing cardiovascular changes in your body. If you're short on time, then this is the class for you.

AQUA ZUMBA*

Just add water and shake. Splash your way into shape with an invigorating low impact aquatic exercise.

DEEP WATER (must be confident in deep water)

A higher intensity deep water workout where patrons should be comfortable working out in deep water. Aqua flotation belts are optional. Meet at deep end of the 50 metre pool.

OTHER IMPORTANT INFORMATION

- Casual participants must be 16 years or older.
- Consult your doctor prior to participating in any group exercise program.
- Some classes are not suitable to do whilst pregnant. If you are unsure, please contact your physician and always let your group fitness instructor know.
- *These classes are generally considered suitable for Beginners and older adults.