

GROUP EXERCISE TIMETABLE

UPDATED FROM 2ND SEPTEMBER 2019



 **WaterMarc™**
Banyule

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 won't allow you to participate in a class once it has started. ~ Please bring a towel and drink bottle to all classes. ~ 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, contact your physician and let the group fitness instructor know.

TIMETABLE FROM 2ND SEPTEMBER 2019

MAIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am	BODY PUMP Xpress 50min Jenna		BOXING John	BODY PUMP Breanna	METAFIT John		
6.35am					ABS/GLUTES John		
7.15am						THT Andrea	
8.15am						BOXING Pete	CIRC-HITT / ABS Pete
9.15am	BODY PUMP Denise	THT Gizelle	CIRC-HIIT John	ZUMBA GOLD* Lauren	BODY PUMP Allison	BODY PUMP Kylie	BODY PUMP Terri/Allison
10.20am	CIRCUIT Pete	SH'BAM Cathy	BODY PUMP Kylie	LES MILLS TONE Kellie	METAFIT Pete	LES MILLS TONE Kellie	SH'BAM Tim
11.15am					THT (10.45am) Gizelle	BODY STEP Katie	
12.00pm			BARRE SCULPT* (30 mins) Meredith				
12.30pm			CORE PILATES* (30 mins) Meredith				
4.00pm							BODY PUMP Jess
5.15pm	BOXING Pete	BOXING TECHNIQUE	BODY PUMP Allison	STRONG BY ZUMBA Melinda			
5.30pm		BOXING* Carli			ZUMBA Lauren		
6.15pm	BODY PUMP Kylie	THT Kellie	BODY STEP Sue	CIRC-HIIT / ABS Pete			
7.15pm	BODY ATTACK Santhy	BODY PUMP Breanna	SH'BAM Cathy	BODY PUMP Sophie			

WELLBEING STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am	BOOTCAMP John	FUNCTIONAL PILATES* Suzi		PILATES* Meredith	BARRE STRETCH Meredith		
7.00am	STRENGTHEN, STRETCH RELAX* Andrea		STRENGTHEN, STRETCH RELAX* Andrea				
8.15am					CXWORX (8.45am) Kylie		YOGA BLEND* Robyn
9.20am	YOGA BLEND* Robyn	PILATES* Cathy	BARRE SCULPT* Meredith	PILATES* Carole	BODY BALANCE Gizelle	PILATES* Carole	BODY BALANCE Carole
10.25am	PILATES* Cathy	BODY BALANCE Gizelle	YOGA BLEND* Karina	RESTORE YOGA* Samantha	YOGA Lee	BODY BALANCE Gizelle	PILATES & PROPS Carole
4.30pm							LM BARRE Ravyn
5.30pm	LES MILLS TONE Kellie	CXWORX Kylie	METAFIT PWR Kara	CXWORX Kate			BODY BALANCE (5pm) Ravyn
6.15pm	BARRE SCULPT* Meredith	FUNCTIONAL PILATES* Suzi	BODY BALANCE Denise	PILATES* Celine	BODY BALANCE Ravyn		
7.15pm	PILATES* Meredith	BODY BALANCE Gizelle	YOGA BLEND* Jade	BODY BALANCE Denise	MINDFUL FRIDAY Lee -1st Friday of each month		
8.15pm	CXWORX Carleigh						

CYCLE STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am		RPM Andrea		RPM Ravyn			
8.15am						RPM Andrea	
9.20am	CYCLE Kylie	RPM Pete	CYCLE Xpress Kylie	RPM Terri	CYCLE Xpress Kylie		RPM Silvia
10.20am						CYCLE Xpress Sophie	
5.30pm					CYCLE Xpress Kylie		
6.15pm	RPM Xpress Pete	RPM Sophie	RPM Jess	RPM Amanda			
7.15pm	SPRINT Carleigh		SPRINT Terri				

NEW

HEALTH CLUB TECHNOFIT SESSIONS

AM	BLITZ 6.15am—6.45am			BLITZ 6.15am—6.45am	BLITZ 9.15am—9.45am	BURN 7.15am—8.00am	
PM		BURN 6.30pm — 7.15pm	BLITZ 6.30pm—7.00pm				

SENIOR STRENGTH PROGRAM

7.30am		Greensborough Mall Walkers*	Greensborough Mall Walkers*	Greensborough Mall Walkers*			
11.20am	FALLS PREVENTION* (11.45am)	CARDIO SNRS*	SNR YOGA*	STRONG SNRS*	FALLS PREVENTION* (11.30am)		

WARM WATER PROGRAM POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am	AQUA FIT* Kellie		AQUA FIT* Amy		AQUA FIT* Carleigh		
8.30am						AQUA FIT* Bronwyn	
9.15am	AQUA FIT* Carol B	AQUA FIT* Bronwyn	AQUA FIT* Kara	AQUA FIT* Kellie	AQUA FIT* Debrah		
9.30am						AQUA FIT* Bronwyn	
10.15am	AQUA FIT* Carol B.		AQUA FIT* Carol B	AQUA FIT* Kara	AQUA FIT* Bronwyn		
6.15pm	AQUA FIT* Xpress 30 mins Shona		AQUA FIT* (6.00pm) Carol B				
7.00pm	AQUA FIT* Shona	AQUA FIT* (7.30pm) Shona	AQUA FIT* Carleigh				

50 METRE POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am	DEEP WATER Carol R	AQUA FIT* Carole R	AQUA FIT* Kara	AQUA FIT* Kara			
9.00am	AQUA FIT* Kellie						
10.15am		AQUA FIT* Kellie	AQUA CLASSES - Please get a wristband from reception to attend the Aqua classes. Wristbands are available 1 hour prior to start time - NO exceptions. If you arrive for a class and it already full you may get a wristband for the next class outside of the 1 hour limit.				

CLASS DESCRIPTIONS

BODY ATTACK (55 mins)

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 (55 mins) & Xpress (45 mins)

A barbell workout that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises with great music and awesome instructors inspiring you.

BODY STEP (55 mins) & Xpress (45 mins)

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.

LES MILLS TONE* (45 mins)

A mix of functional training and tubing exercises mixed with great music to leave you buzzing with energy and feeling great. Les Mills TONE accommodates all fitness levels.

CXWORX (30 mins)

The ultimate way to get a tight and toned core. With dynamic training that focusses on your abs, glutes, back and obliques.

SH'BAM* (45 mins)

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

BOOTCAMP (55 mins)

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

BOXING (45-55 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 / CIRCUIT (50-55 mins)

A mix of strength training and high intensity intervals with weights and body weight exercises.

STRONG BY ZUMBA

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. A demanding 55 minute session that works your entire body.

METAFIT (30 mins)

A high intensity interval training class. All exercises are body weight only. This class is designed to work you at maximum intensity.

METAFIT POWER (30 mins)

A 30min equipment based circuit class incorporating slam balls, battle ropes, kettlebells & more.

THT (45 mins)

Tummy, hips and thighs concentrates on abs, glutes and thighs for a leaner, stronger and more toned body.

ZUMBA (60 mins)

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* (60 mins)

A 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.

Wellbeing

BARRE SCULPT* (45 mins)

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.

BARRE STRETCH* (45 mins)

Thirty minutes of Barre Sculpt (see previous description) plus 15 minutes of stretching to finish.

BODY BALANCE (55 mins)

The Yoga, Tai Chi, Pilates' workout that builds flexibility and strength and leaves you feeling centred and calm. Participants will need to be able to bear some weight on their hands and kneel on a mat.

FUNCTIONAL PILATES* with Suzi (50-55 mins)

Suzi's classes focus on corrective and postural Pilates exercises. Various exercises stretch the chest, rhomboids, hamstrings, spine and improve lumbar flexibility. Options for all levels.

LES MILLS BARRE* (30 MINS)

A modern version of classic balletic training: a 30 minute workout designed to shape & tone postural muscles and build core strength, without the traditional barre to support you.

PILATES* (55 mins)

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* (55 mins)

Using a variety of props to strengthen the core, increase flexibility and stamina and experience deep stretches.

STRENGTHEN, STRETCH, RELAX* (45 mins)

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* (55 mins)

Yoga with Karina incorporates 5 segments in every class—pranayama (breathing exercises for vitality), asana (for alignment & balance), meditation, relaxation & philosophy. Karina's style of yoga creates strong, flexible, healthy, disciplined & independent people.

Yoga with Robyn is influenced by two major teaching styles—Vinyasa and Flow Yoga. Classes involve a series of related poses that move in sequence and are connected to the breath. Poses are held for a certain period of time.

Restore Yoga a blend of gentle standing postures followed by nourishing Yin poses to deeply nurture both body and mind.

MINDFUL FRIDAY—1st Friday of the month

Rejuvenate by exploring the deep connection between your mind, body and soul. Slow and steady yoga postures invite you towards a blissful mediation to restore harmony and balance to your life once again. Special monthly event with Lee.

Please bring yoga mat and a blanket.

Cycle

CYCLE and RPM (45 mins & XPRESS 30 mins)

Indoor cycling classes that are coached by an instructor who will guide you through a series of sprints, climbs and attacks. Riders are always accompanied by inspiring music and can work at their own pace.

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

The Seniors Program of classes are designed to help keep the mind, body and spirit of older adults active, engaged and strong. We aim to offer classes that are varied and enjoyable, where individuals can come together as a community.

On the 1st Thursday of every month we invite you to join us at 12.00pm for a 45 minute 'catch-up'.

FALLS PREVENTION* (45 mins)

Meet outside the wellbeing studio. The falls prevention 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.

CARDIO & STRONG SENIORS* (45 mins)

Active Seniors (main studio) is a cardio workout that will help improve heart and lung fitness as well as your balance and co-ordination. This class has everything - music, friends and movement.

Strong Seniors (main studio) is a strength based class of functional strength exercises using your body weight, balls and light hand weights. These exercises will strengthen your muscles so that everyday tasks remain easy and enjoyable.

SENIOR STRENGTH YOGA* (45 mins)

A gentle yoga class (wellbeing studio) with balancing practice included and very 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.

G'BOROUGH MALLWALKERS* (50 mins)

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

WWPP & 50 metre pool

AQUA FIT* (45 mins)

Aqua Fit is a workout in water that is inclusive of every fitness level and every age. Working out in water eliminates stress on the joints, will improve cardiovascular fitness, can increase your strength, your flexibility and overall health. Classes are usually a combination of body weight exercises, using water as resistance, and equipment based exercises using dumbbells, kickboards and noodles. Classes are 45 mins in duration, except for 30 min express classes. Enjoy working out to fun, uplifting music with instructors to guide you.

DEEP WATER (45 mins)

-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.

TechnoFit (health club)

TechnoFit is our new group fitness program that utilises our state-of-the-art Technogym 'Skill Athletic' cardio equipment to help you achieve your health and fitness goals. All sessions are run in small groups of no more than 9 people, so you will always be guided throughout your workout by our friendly and qualified instructors.

BLITZ is a short, sharp 30-min instructor led workout. You determine your own pace.

BURN is a 45-min whole-body workout that provides phenomenal calorie burn.

Get your class ticket via reception or the kiosk on level one.