

GROUP EXERCISE TIMETABLE

STARTING FROM 22ND NOVEMBER 2021



 **WaterMarc™**
Banyule

Classes and instructors are subject to change at short notice ~ Tickets/wristbands are required to attend all group fitness classes and they are available from reception, ground floor kiosk or level 1 kiosk ~ For safety and OH&S, the instructor has discretion to not allow you to participate in a class once it has started ~ Bring a towel and drink bottle to all classes ~ Casual participants must be 10 years or older (casual participants under the age of 16 must be accompanied by an adult) ~ 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. All participants must produce a full COVID-19 vaccination certificate or approved medical exemption upon entry to participate in classes

TIMETABLE FROM 22ND NOVEMBER 2021

MAIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am	OUTDOOR HIIT Ben		OUTDOOR HIIT Ben		METAFIT John		
8.15am						BOXING Pete	8.45am BOXING TECHNIQUE
9.15am	BODY PUMP Denise			ZUMBA GOLD* Lauren	BODY PUMP Carmel	BODYPUMP Kylie	BOXING Jodie
10.30am	BOXING Carissa	SH'BAM Cathy F	BODYPUMP Kylie		BODY COMBAT Lisa		ZUMBA Leila
5.15pm	Starts 13 Dec	BOXING Pete		BOXING Pete			
5.30pm				BODYPUMP XPRESS Cathy B	ZUMBA Lauren		
6.15pm	BODY PUMP Kylie	BODYATTACK Jenna	LM CORE Cathy B	CIRCHIIT Pete			
6.45pm			SH'BAM Cathy F				
7.15pm	BODYSTEP XPRESS Jenny	BODYPUMP Jenna					

WELLBEING STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am			BODY BALANCE Amanda M	PILATES Meredith			
7.00am	VINYASA Amanda M						
8.45am	LM CORE Cathy B						
9.20am	VINYASA YOGA Robyn	PILATES Cathy F	BODY BALANCE Jenny	PILATES Carole	BODY BALANCE Jenny	PILATES & PROPS Carole	BODY BALANCE Jenny
10.35am	PILATES Cathy F			BARRE SCULPT Meredith	PILATES Deb	YOGA BLEND Irina	
11.45am				HATHA YOGA Lee			
5.30pm		Starts 7 Dec	VINYASA YOGA Orly				
6.15pm	BODY BALANCE Jenny		LM TONE* Meredith	BODY BALANCE Denise	PILATES Celine	BODY BALANCE Ravyn	
7.15pm	PILATES Kara	VINYASA YOGA Robyn		BODY BALANCE Denise			

TIMETABLE FROM 22ND NOVEMBER 2021

CYCLE STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.05am				RPM Ravyn			
9.20am	CYCLE Xpress Kylie	CYCLE Pete	CYCLE Xpress Kylie	CYCLE Pete	CYCLE Xpress Kylie	Cycle Xpress Morena	
5.30pm			RPM Chrissy		RPM Xpress Ravyn		
6.15pm	CYCLE John	CYCLE Deb		RPM Carleigh			
7.15pm	RPM Carleigh		RPM Carleigh				

OLDER ADULTS PROGRAM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7.30am		Greensborough Mall Walkers*	Greensborough Mall Walkers*	Greensborough Mall Walkers*			
8.00am	Iron People* Pete				Wonder Women* Kara		
11.20am		CARDIO SNRS* Carol R		STRONG SNRS* Carole R			
11.45am	SENIORS YOGA* Irina		STRENGTH & BALANCE* Amy				
12noon					STRENGTH & BALANCE* Amy		

WARM WATER PROGRAM POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am					AQUA FIT* Bronwyn		
8.30am						AQUA FIT* Bronwyn	
9.00am		AQUA FIT* Bronwyn	AQUA FIT* Kara	AQUA FIT* Amy	AQUA FIT* Debrah		
10.00am	AQUA ZUMBA* Irina			AQUA FIT* Amy			
5.15pm		AQUA FIT* Morena					
6.15pm	AQUA FIT* Carleigh	Starts 7 Dec AQUA FIT* Orly	AQUA FIT* Morena				
7.15pm			AQUA FIT* Morena				

50 METRE POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am		AQUA FIT* Carole R	AQUA FIT* Amy	AQUA FIT* Kara			
9.00am							
10.00am			AQUA RUN Kara				

CLASS DESCRIPTIONS

BODY ATTACK (55 mins) (ff)

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 COMBAT (50mins) (ff)

This martial-arts inspired non-contact class will have you fighting fit in no time! Train your whole body and feel empowered.

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.

BODYSTEP (55 mins) & Xpress (45 mins) (ff)

A fun, invigorating and achievable. Increase your fitness whilst toning and strengthening the legs and butt.

BOXING (55mins)

Punching technique, pad work, skipping, running and abdominal work that will make you sweat! (If not using your own gloves please bring inners to class)

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 most fitness levels.

LES MILLS CORE (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) (ff)

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

CIRC-HIIT / HIIT (45-50 mins)

A mix of strength training and high intensity intervals with weights and body weight exercises. Outdoor HIIT: grab your ticket from reception then meet on greensborough walk (in the event of inclement weather class will run in the main studio)

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.

ZUMBA (55mins) (ff)

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* (55 mins) (ff)

A lower impact, easy to follow version of Zumba.

Cycle

CYCLE (45 mins & XPRESS 30 mins) (ff)

Freestyle Indoor cycling class coached by an instructor who will guide you through a series of sprints, climbs & attacks. Riders can work at their own pace to inspirational music.

RPM (45 mins & XPRESS 30 mins) (ff)

Les Mills pre-choreographed group indoor cycling workout where you control the intensity. It's fun, low impact and will inspire you to reach personal best.

Wellbeing

BARRE SCULPT (45 mins) (ff)

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 (55 mins) (ff)

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.

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.

YOGA (55 mins, Xpress 45mins)

Vinyasa Yoga (ff)

Enjoy an energetic style of flowing movement synchronised with the breath. Sun salutations, standing balance and meditative relaxation.

Hatha Yoga (ff)

Yoga for everybody, moving mindfully and deliberately into different poses that challenge strength and flexibility, whilst at the same time focusing on relaxation and mindfulness.

Yoga Blend (ff)

A combination of hatha yoga and restorative yoga.

WWPP & 50 Metre Pool

AQUA FIT* (45 mins) (WWPP—ff)

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, improves cardiovascular fitness, can increase strength, 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. Great music and instructors guide you.

DEEP WATER RUNNING (45 mins) (ff)

-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.

AQUA ZUMBA* (45 mins) (ff)

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

Seniors 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.

STRENGTH & BALANCE for FALLS PREVENTION* (45 mins)

Improve strength, balance and coordination 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)

Cardio 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.

Seniors 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 (returning Dec 2021)

Greensborough Mall Walkers* (50 mins)

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

Iron People* (50mins)

Held in the coaching zone area of the health club this a combination of body weight, free weight and machine weight exercises. The Perfect class if you're wanting to transition into gym training or looking for company whilst you work out.

Wonder Women *(50 mins)

A strength training class for women only. Build muscle and core strength, and increase bone density in a non-intimidating environment. Ideal for both women of all experience and fitness levels. Meet in the coaching zone area.

(ff) Classes suitable for children aged 10 and above— non-member under 16s must be accompanied by an adult during the class

*Classes with an asterisk are generally considered safe for all ages and fitness levels. If you are in doubt, please speak with the group fitness instructor prior to the class.

Please bring your own mats to classes