



GROUP FITNESS

TIMETABLE

EFFECTIVE 2nd May 2022

Monday - Friday: 5am - 8pm

Saturday - Sunday: 7am - 3pm

Public Holidays: 7am - 3pm

ALL CLASSES
are included
in membership

STUDIO 1

| | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------|---------------|--------------|-------------|---------------|--------------|----------------------|--------------|
| 5.45AM | X-FIT Indoors | Body Pump | Total Tone | X-FIT Indoors | Body Balance | | |
| 8.00AM | Body Pump | | | Pilates | | 7.00am X-FIT Indoors | |
| 8.30AM | | | | | | Body Attack | Step Moves |
| 8.45AM | Body Pump | Sh'Bam | Body Attack | Pilates | Total Tone | | |
| 9.30AM | Body Attack | Total Tone | Body Pump | Attack/ABT | Sh'Bam | Body Pump | Body Pump |
| 10.30AM | Body Balance | Vinyasa Yoga | Hatha Yoga | Body Pump | Hatha Yoga | Hatha Yoga | Body Balance |
| 5.30PM | Body Pump | Pilates | Body Pump | X-FIT Indoors | Pilates | | |
| 6.30PM | Power Yoga | Pilates | Yin Yoga | Vinyasa Yoga | | | |

STUDIO 2

| | MON | TUE | WED | THUR | FRI | SAT |
|--------|------------|------------|------------|------|------------|-------------------|
| 5.45AM | | Spin/Box | | | Spin/Run | |
| 7.00AM | | | | | | Power Spin |
| 8.45AM | | Power Spin | | | Power Spin | 8.00am Power Spin |
| 9.30AM | Power Spin | | Power Spin | | | |
| 5.30PM | Power Spin | Power Spin | Power Spin | | | |

MAIN FLOOR

| | MON | TUE | WED | THUR | FRI | SAT |
|--------|--------|-----|-----|------|-----|-----|
| 5.30PM | Boxing | | | | | |



POWER YOGA

A fitness-based yoga with many vigorous Vinyasa styles. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits, including building internal heat, increased stamina, strength and flexibility, as well as stress reduction.

You are required to bring your own mat or large towel.

VINYASA FLOW YOGA

A dynamic combination of breath with movement flowing between postures creating heat throughout the body. Flowing to a peak and coming full circle, allowing a great mind-body connection.

You are required to bring your own mat or large towel.

HATHA YOGA

Benefits the mind, body and spirit. We begin with Pranayam (breath meditation), arrive to the new, and quieten the chatter of the mind. Flowing into Asana (postures) to help tone and release the tightness of sore muscles by lengthening and strengthening the whole body. You are required to bring your own mat or large towel.

YIN YOGA

Perfect for anyone with tightness in their body. This is a restorative practice that helps us heal both our body and our mind. Yin yoga increases flexibility, fosters self-love and melts away stress. You are required to bring your own mat or large towel.

PILATES

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance. You are required to bring your own mat or large towel.

BODY BALANCE

This is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structures series of stretches and poses. You are required to bring your own mat or large towel.

POWER SPIN

Simply hop on your bike, set the resistance to the level that's right for you, and let your instructor guide you through an incredible ride. (45 minute session).

SPIN 'N' BOX

Wanting to add some boxing pad work to your SPINNING workout? Then this class is made for you! You have the choice of staying on your bike for the entire class or add some boxing intervals to your routine.

You are required to bring your own boxing gloves and pads.

SPIN 'N' RUN

Wanting to add some running to your SPINNING workout? Then this class was made for you! You have the choice of staying on your bike for the entire class or add some running intervals to your routine.

TOTAL TONE

A full body workout to tone and shape. This class is a mix up of cardiovascular and muscular endurance. Great for all levels of fitness.

XFIT

This class utilises body weight exercises, dumbbells and bars in a circuit to burn through the calories.

SUMMER - Saturdays are Outdoors at Clarko Reserve Trigg - WINTER Group Fitness Studio 1. Check with Club.

BODY ATTACK

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

ATTACK/ABT

Just like Body Attack only with some focused energy. This class has been designed specifically for those members looking to get a strength and stamina workout with a huge focus on the Abs, Butt and Thighs.

BODY PUMP

This is the original barbell class that strengthens your entire body. Using light to moderate weights with lots of repetition - Body Pump gives you a total body workout.

BOXING

Classes vary from week to week but the one thing to be certain of is getting a full body workout in a fun and challenging environment. Suitable for all fitness levels. You are required to bring your own boxing gloves and pads.

SH'BAM

45 minutes long and featuring simple but seriously hot dance moves. SH'BAM is the perfect way to shape up and let out your inner star - even if dance isn't your natural thing. SH'BAM is the ultimate fun and sociable way to exercise.

STEP MOVES

This is an energising intermediate/advanced class that makes you feel liberated and alive. Using a height-adjustable step and choreographed movements on, over and around the step with progressive options.