



GROUP FITNESS SUMMER TIMETABLE – 27th October 2009

Peter Krenz Leisure Centre YMCA, Napier St Eaglehawk 5446 9222

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05am	Body Pump			Body Balance			
9:00am						Body Step	
9:30am	Body Pump	Body Combat	Bikes/Circuit	Body Step	Body Pump		
10:00am						Body Pump	
10:35am	Body Balance	TTT	Body Pump	Body Balance	Strong & Stable		
11:00am						Stretch/Relax	
5:00pm			Healthy & Active [^]			# Boxing Fitness held in the meeting room Tuesdays @ 6.00pm & 7.00pm Fridays @ 6.00pm	
6:00pm	Body Pump	Rev For Results	Body Step	Body Combat	Body Balance		
		Boxing Fitness#			Boxing Fitness#		
7:00pm	Body Balance	Trim & Tone	Body Pump	Rev for Results			
		Boxing Fitness#					

We require you to arrive **5 minutes** before ALL **BODY PUMP** classes to allow time to set up your equipment.

TIME	AQUACISE					TAI CHI / WALKING			
	MON	TUES	WED	THU	FRI		TUES	WED	THUR
9:15am		Shallow water		Shallow water	Shallow water	9.00am			
10:05am		Aqua Running*				9.30am	Walking		Walking
6:00pm			Aqua Running*						
6:35pm			Aqua Blast*			10.05am		Tai Chi	
7:10pm	Shallow water					Belly Dancing Wednesday 7pm Yoga Wednesday 9am School terms only			
7:55pm	Aqua Running*								

AQUA CLASSES: 45 minute \$10.00, concession \$9.00 30 minute* 8.00, concession \$6.00 2 x 30 minute classes \$10.00, concession \$9.00

All Group Fitness classes unless specified are \$10.00, concession \$9.00

Health Club and Gold members receive access to ALL classes excluding Tai Chi, Belly Dancing and Yoga.

Please present your card or make payment at customer service upon entry & collect a class pass.

Please bring a towel, a full water bottle & wear supportive footwear. BODY BALANCE is performed bare foot, but bring your socks to keep your feet warm during relaxation

In the interests of **your safety** you will not be permitted to the class once it has started.

Children aged **13-15** are welcome to participate in any class provided they are accompanied by a parent or guardian for the first two classes. If they prove they are capable of participating unsupervised (at the discretion of group fitness staff) they can attend individually

ACTION WALKING: Enjoy a pleasant brisk walk through surrounding bush (approx 6kms in 55 minutes). No classes held during school holidays.

AQUACISE: No swimming experience necessary! Aquacise offers the benefits of improved aerobic fitness, joint mobility, injury rehabilitation & socialization. Aquacise is suitable for all ages. Choose from **Shallow water, Aqua running** - held in the deep water (Buoyancy belts available) or **Aqua Blast**- an invigorating 30-minute session.

BIKES/CIRCUIT: The perfect way to add variety to your workouts. Start the class with a tour on the bike then experience some great strengthening and toning exercises using the bars, steps, hand weights and bands. Finish the class with core work and stretches.

BODY BALANCE: Is the ultimate reward for the mind & body. It calls upon the ancient arts of hatha yoga, Pilates & tai chi as the perfect antidote to the stresses of modern day life. BODY BALANCE relaxes & strengthens your muscles, improves posture & flexibility & teaches you relaxation techniques.

BODY COMBAT: The power of self-defence & martial arts combine in BODYCOMBAT. An addictive mix of kick boxing, tai chi, karate & self defence that will leave you feeling energized strong, confident & on top of the world!

BODY PUMP: The world's most popular group fitness class with over 8500 gyms throughout the world holding BODYPUMP classes. Pump works all major muscle groups of your body, using adjustable weight loaded barbells to fantastic music. *New participants are encouraged to arrive early to learn correct exercise technique. Please arrive 5 minutes earlier than normal to allow equipment set up.*

BODY STEP: Is the ultimate step workout, helping to tone legs and burn calories using simple to follow moves and inspirational music. The class is suitable for both men & women of all ages.

BOXING FITNESS: Challenge your cardiovascular fitness, muscular endurance, speed and coordination. Learn correct boxing techniques whilst enjoying a fun and effective workout.

FAT BURNER: An energizing start to your day. Each week experience a variety of styles including step, aerobics, toning, circuit and more. Exercises are designed to keep you working in a comfortable heart rate zone, ideal for burning body fat.

HEALTHY & ACTIVE^: A low impact group activity for people with special needs in a fun atmosphere. Includes a monthly gym and aqua session. Cost \$6.60 per session. Carers are welcome to attend for free. No classes held during school holidays.

Trim & Tone (TTT): A combination of aerobic and strength exercises designed to improve the health of your heart & lungs & tone the tail, tummy & thighs.

REV FOR RESULTS: The indoor cycling program which provides a great cardiovascular workout and improves leg and core strength.

STRONG AND STABLE: A slower paced, low impact freestyle class suitable for beginner to intermediate level of fitness, older adults and those returning from injury. Focus is on heart/lung fitness, core strength, balance, joint strength and mobility.

STRETCH AND RELAX: Need to unwind? Need to relax? Then join us for a SIMPLE stretch session. No complex choreography, a great class to start with if you have never exercised before or are returning from a break. Advanced participants will also note improvements in flexibility and mobility.

Qigong Tai Chi: A low impact class which helps develop strength of mind & body, through a series of flowing movements. No classes held in school holidays.

YOGA: This class is beginner friendly with the emphasis on breath and alignment. A class involves a slow and gentle warm up, followed by sun salutations and standing postures. We then finish by warming down and a short relaxation technique