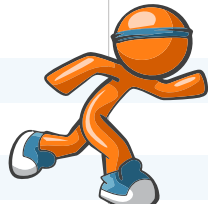




GROUP EXERCISE TIMETABLE - DECEMBER 2018

STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am					Box, Run, Spin		
6.00am	Les Mills® BodyPump	Boxing Circuit	HIIT	Body Conditioning	HIIT (45 mins)		
7.00am					BodyFit	Boxing Circuit	
7.15am						Power Up (Gym)	
8.00am	Mat Pilates	BodyFit	Yoga	BodyFit	Mat Pilates	Les Mills BodyPump™	
9.00am	Les Mills BodyAttack™	Les Mills BodyPump™	Zumba	Boxing Circuit	Body Conditioning		Les Mills BodyPump™
9.15am	HIIT			Les Mills BodyPump™		HIIT	Yoga
9.30am			HIIT				
10.00am	Yoga				Yoga	HIIT	Yoga
10.15am		Mat Pilates	Les Mills BodyPump™	Mat Pilates			
11.00am	TRX (Gym)			TRX (Gym)			
11.30am	Low-impact Exercise (12noon)*	Pilates Reformer (Costs \$8pp)	Pilates Reformer (Costs \$8pp)		Pilates Reformer* (Costs \$8pp)		
4.15pm		Les Mills BodyPump™	Low-impact Exercise (12.30pm)*				
4.30pm	HIIT		Yoga	Zumba			
5.30pm	Yoga	Body Conditioning	HIIT (4.45pm/45 mins)	Les Mills® BodyPump			
6.00pm	Boxing Circuit		Strength & Mobility	Boxing Circuit			
6.30pm	Zumba			Yoga			
7.00pm		Yoga	Mat Pilates				
RPM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Les Mills RPM	5.30am	5.30am (45 mins)		5.30am (45 mins)			
Les Mills RPM	9am	9.15am (Freestyle)	9.15am	8.30am (45 mins)	9.15am (45 mins)	7.00am	8am
Les Mills RPM	4.45pm (45 mins)	6pm	5.30pm	4.15pm	4pm		
POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am	DWEX	Aqua Fit 20m Pool	DWEX	Aqua Zumba 20m Pool	DWEX		
7.30am						DWEX	
9.00am		DWEX Intensive		DWEX Intensive			
10.15am	DWEX		DWEX		DWEX		
12 noon	Aqua Fit 20m Pool		Aqua Fit 20m Pool		Aqua Zumba 20m Pool		
5.30pm		DWEX		DWEX			
OTHER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Community Walking Group		Community Walking Group		Community Walking Group		
7.00am							
9.00am		Adult Social Tennis 8-11am (additional cost)		Adult Group Tennis Lesson 9-10am (\$10)	Adult Social Tennis 8-11am (additional cost)		
4.15pm		Junior Fitness		Junior Fitness			
5.30pm							
6.00pm	Touch Football	Running Club					
7.00pm		Adult Skills and Drills Tennis 7-8.30pm (\$25pp)					
8.00pm				Beach Volleyball 6-8pm \$8 members \$10 non-members			



*** Timetable subject to change and some charges may apply. For the latest information check the Group Exercise Board, speak to your instructor or call Reception on (07) 5500 9988.**



GROUP EXERCISE CLASSES

BODYPUMP



A non-impact workout using an adjustable barbell that challenges every major muscle in your body. Guaranteed to tone and shape.

BODYATTACK



A high-energy fitness class catering for total beginners to total addicts. All done to energising tunes, your instructor will lead you through this great workout, challenging your limits...in a good way!

BODYFIT



A fun, exercise to music workout that combines cardio fitness, core stability, balance, functional strength and flexibility.

BODY CONDITIONING



Tone and shape every inch of your body using weights, barbells and lower body resistance techniques.

ZUMBA



High and low intensity moves for an interval style, calorie burning dance fitness party. Exercise in disguise!!

High Intensity Interval Training (HIIT)



A fantastic all-in-one workout including cardio, weights, plyometrics, body weight exercise and cycle training. Classes are 45mins or 1 hour, so remember to check your timetable!

STRENGTH & MOBILITY



Activate major muscle groups and increase your range of motion with this strength building class targeted at improving functional movement. Suitable for all ages and abilities.

RPM



A high-energy indoor cycling class that's a great cardio workout. Match terrain with tempo, experience rolling hills, winding roads, sprints and intervals.

BOX, RUN, SPIN



An action-packed class combining boxing with running drills and finishing with a great cycle workout.

DEEP WATER EXERCISE



Water-resistance running and conditioning class in our outdoor heated pool using buoyancy belts and water noodles.



BOXING CIRCUIT



Rotate between strength, conditioning and cardiovascular exercise, using a variety of equipment including mitts, pads, skipping ropes and weights.

TENNIS



Played at the nearby Pro One Tennis Academy, and SSC members receive a 25% discount. Bookings required (07) 5537 7844.

PILATES



Increase core strength, flexibility and become more body aware. Mat Pilates teaches the basics, while Reformer Pilates uses specialised equipment.

YOGA



Relieve stress and improve flexibility, strength, balance, posture and circulation. Learn to connect the body and mind through breathing.

LOW-IMPACT EXERCISE



Circuit session by allied health professionals with rehab knowledge & expertise, educating & optimising body movement.

FREESTYLE SPIN



Break free from the usual pre-choreographed workout and enjoy an instructor-led, fun but challenging cycle workout. Suitable for all fitness levels.

AQUAFIT



A low-impact, power-packed class in the indoor pool that combines cardio and toning exercises using water as your resistance.

AQUA ZUMBA



Aqua Zumba is a latin-inspired, easy-to-follow dance class performed to music in the shallow 20m pool.

POWER UP



High intensity interval training mixed with weight training. Half the session incorporates functional conditioning and then moves into the weight room for the second half with a focus of strength training.