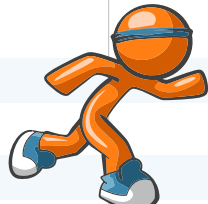




# GROUP EXERCISE TIMETABLE - JANUARY 2019

| 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                    |   |  |                     |                     |
| <b>RPM</b>    | <b>MONDAY</b>                 | <b>TUESDAY</b>                                   | <b>WEDNESDAY</b>               | <b>THURSDAY</b>                                     | <b>FRIDAY</b>                                | <b>SATURDAY</b>     | <b>SUNDAY</b>       |
| 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  |                     |                     |
| <b>POOL</b>   | <b>MONDAY</b>                 | <b>TUESDAY</b>                                   | <b>WEDNESDAY</b>               | <b>THURSDAY</b>                                     | <b>FRIDAY</b>                                | <b>SATURDAY</b>     | <b>SUNDAY</b>       |
| 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  |  |                     |                     |
| <b>OTHER</b>  | <b>MONDAY</b>                 | <b>TUESDAY</b>                                   | <b>WEDNESDAY</b>               | <b>THURSDAY</b>                                     | <b>FRIDAY</b>                                | <b>SATURDAY</b>     | <b>SUNDAY</b>       |
| 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.