

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		BodyFit	BodyFit	Boxing Circuit	
8.00am	Mat Pilates	BodyFit	Yoga	BodyFit	Mat Pilates	Les Mills BodyPump™	
9.00am	BodyFit	Les Mills BodyPump™	Zumba		Body Conditioning		Les Mills BodyPump™
9.15am				Les Mills BodyPump™		Yoga	
10.00am	Yoga				Yoga		Yoga
10.15am		Mat Pilates	Les Mills BodyPump™	Mat Pilates			
11.30am		Pilates Reformer (Costs \$8pp)	Pilates Reformer (Costs \$8pp)		Pilates Reformer* (Costs \$8pp)		
4.15pm	Low-impact Exercise (12noon)*	Les Mills BodyPump™	Low-impact Exercise (12.30pm)*				
4.30pm			Yoga	Zumba			
5.30pm	Yoga	Body Conditioning	Roll & Recover	Les Mills® BodyPump			
6.00pm			Strength & Mobility				
6.30pm	Zumba			Yoga			
7.00pm		Yoga	Mat Pilates				

CYCLE STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	5.30am	5.30am (45 mins)	Sprint - 5.30am	5.30am (45 mins)			
Sprint - 9am	Freestyle - 9.15am	9.15am	8.30am (45 mins)	9.15am (45 mins)	7.00am	8am	
4.45pm (45 mins)		Sprint - 12.30pm	4.15pm	4pm	Sprint - 8.30am		
	6pm	5.30pm	Sprint - 5.30pm				

POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am	DWEX	Aqua Fit 20m Pool	DWEX	Aqua Zumba 20m Pool	DWEX	DWEX	
8.00am	DWEX					DWEX	
9.00am		DWEX Intensive		DWEX Intensive			
10.15am	DWEX		DWEX		DWEX		
12 noon	Aqua Fit 20m Pool		Aqua Fit 20m Pool	Aqua Fit 20m Pool	Aqua Zumba 20m Pool		
5.30pm		DWEX		DWEX			

GYM / OUTDOOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Community Walking Group		Community Walking Group		Community Walking Group		
7.15am						Power Up	
9.00am				Boxing Circuit			
9.30am	HIIT (9:15am)		HIIT			HIIT (9:15am)	
10.00am					HIIT		
11.00am	TRX (Gym)			TRX (Gym)			
4.15pm		Junior Development		Junior Development			
4.30pm	HIIT Junior Athletics		Junior Athletics				
4.45pm			HIIT (45 mins)				
6.00pm	Boxing Circuit Touch Football	Running Club		Boxing Circuit Beach Volleyball			

\* 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.

**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.

**BEACH VOLLEYBALL** 

Social Beach Volleyball is fun and relaxed with a dash of competition, you have the choice of playing in a comp or just having a casual game. Pairs and fours games available and we welcome teams, individuals, beginners and experienced players. First night is FREE then \$8 per night.

**BODYPUMP** 

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

**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.

**BOX, RUN, SPIN** 

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

**BOXING CIRCUIT** 

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

**DEEP WATER EXERCISE** 

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

**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.

**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!

 Cardio Strength Flexibility**LOW-IMPACT EXERCISE**  

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

**PILATES**  

Increase core strength, flexibility and become more body aware. Mat Pilates teaches the basics, while Reformer Pilates (\$8 pp) uses specialised equipment.

**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.

**ROLL N RECOVER** 

Using foam rollers and trigger balls to enhance your recovery. This class aims to improve movement and release tight muscle tissue to keep you injury free.

**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.

**RUN CLUB** 

Interval based running session on the IAAF Athletics Track. Suitable for all abilities to improve running/cardio fitness and technique.

**SPRINT** 

If you want to get fitter, faster, stronger with minimal impact to your joints then this is the workout for you! LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

**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.

**TRX**  

Small group training using the TRX in the gym focusing on strength, balance and coordination.

**YOGA** 

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

**ZUMBA** 

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