







GROUP FITNESS TIMETABLE

Effective: Monday 1st July 2019

www.northernbeaches.nsw.gov.au

AM Phone: 9976 1649

MON	TUE	WED	THU	FRI	SAT	SUN
HIIT 6.00am	HIIT 5.45am	 LESMILLS BODYPUMP 6.00am	Pilates 6.30am	HIIT 6.00am		
Over 50's Gym Floor 7:00am				Stability /Strength 8.00am	Boxing 8.00am	
 LESMILLS BODYPUMP 9.30am	Boxing 9.15am	Cycle 9.15am	HIIT 9.15am	HIIT 9.30am	 LESMILLS BODYPUMP 9.00am	 LESMILLS BODYPUMP 9.00am
Cycle 10.40am	 LESMILLS BODYPUMP 10.15am	HIIT 10.30am	 LESMILLS BODYPUMP 10.15am	Cycle 10.30am	Pilates (45 min) 10.15am	Cycle 10:15am
Pilates 11.30am	Stability /Strength 11.30am	Pilates 11.30am	Yoga 11.30am	Pilates 11:30am	Pilates (45 min) 11.15am	

PM

MON	TUE	WED	THU	FRI	SAT	SUN
HIIT 5:30pm	HIIT 5.30pm		HIIT 5.30pm			Flow Yoga 3:00pm
HIIT 6.30pm	Cycle 6.30pm	HIIT 6.30pm	Vinyasa Yoga 6.30pm			
Yoga 7.30pm	Pilates 7.30pm	Zumba 7.30pm				


AQUA

MON	TUE	WED	THU	FRI	SAT	SUN
		Aqua Deep 7.30am		Aqua Deep 7.30am		
Aqua Deep 8.00am	Aqua Deep 8.00am		Aqua Deep 8:00am			
Aqua Shallow 9.30am	Aqua Shallow 9.30am	Aqua Shallow 9.30am	Aqua Shallow 9.30am	Aqua Shallow 9.30am		

Occasionally areas may change due to wet weather and/or other bookings, programs and events at the centre.

Always advise your instructor if you are new, or have any health issues or conditions.

Management regularly reviews class schedules and reserves the right to change the group fitness timetable from time to time.

	<p>BODYPUMP is the original barbell class that shapes, tones and strengthens your entire body. This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls.</p>
<p>Cycle (45 mins)</p>	<p>A 45 minute freestyle cycle class designed to enhance you endurance, burn calories and tone your body through an intense session of indoor cycling. Our Cycle classes will see you riding longer, resting less and racing your way to health and fitness.</p>
<p>Pilates (60 mins)</p>	<p>Targeting the deep postural muscles within the body; the abdominals, pelvis, back, shoulders and buttocks. Pilates is a unique form of simple yet precise movements, controlled postures, mental concentration and breathing to enhance postural alignment, coordination, strength and flexibility. This class is low impact, assists in injury prevention and is useful in injury rehabilitation.</p>
<p>Yoga (60 mins)</p>	<p>Yoga is a healing system of theory and practice. It is a combination of breathing exercises, physical postures and movements utilising the entire body and meditation of the mind that has been practiced for more than 5,000 years. The practise of yoga leads to flexibility, strength and balance of both body and mind systems. Classes are tailored to all levels of experience.</p>
<p>HIIT (45 mins)</p>	<p>High-intensity interval training, these fast-paced workouts torch calories in a short space of time, so you don't need to spend hours in the gym. Beginners to advanced many levels of intensity suitable for everyone</p>
<p>Stability/ Strength (60 mins)</p>	<p>For our active over 50'S, this class is designed to build stability and strength using various pieces of equipment as well as body weight.</p>
<p>Zumba (60 mins)</p>	<p>An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo.</p>
<p>Aqua Deep (45 mins)</p>	<p>This amazing class uses the water resistance for strength gains, as well as a cardio component for toning and general fitness benefits. Prepare to be challenged with fun, virtually impact free, exercises targeting balance, agility, posture, flexibility, muscle conditioning and the abs. There is no complicated choreography, just motivation, good music and good fun.</p>
<p>Aqua Shallow (45 mins)</p>	<p>This class will help you shape muscle and burn calories by using the water as resistance. Aqua noodles and underwater weights are used to increase intensity. Aqua Shallow is Aqua Aerobics choreographed at a more comfortable pace for the young at heart, rehabilitation, pre and post pregnancy.</p>
<p>Boxing (45 mins)</p>	<p>Involves mainly specific boxing exercises, boxing combinations, cardio drills. Allowing you to enhance upper body strength, core strength, coordination, agility, cardiovascular fitness and improve posture all at the same time. Boxing class is great for all ages and fitness levels. This class is designed for beginner to advanced levels of fitness.</p>