



# GROUP FITNESS TIMETABLE

EFFECTIVE 18th March 2020

Multi-Purpose Room   
 Exercise Program Room   
 25m Pool

Mon	Tue	Wed	Thu	Fri	Sat
3:30 PM Swirl <b>TEEN ACTIVE</b> 45min Kelly	9:15 AM AquaFIT Tone 45min Kelly	9:15 AM Strong Seniors 45min Steve/Vicky	9:15 AM AquaFIT Tone 45min Kelly	9:15 AM Aqua Seniors 45min Lisa	8:15 AM AquaFIT Bootcamp 45min Kelly/Steve
5:30 PM SPIN <i>Express</i> 30min Kelly	5:15 PM Power Tone 45min Vicky	5:30 PM AquaFIT Cardio 45min Lisa			
6:15 PM AquaFIT Cardio 45min Kelly	6:00 PM CHI-FLOW (Yoga/Pilates) 45min Vicky	5:30 PM SPIN Extra 45min Steve			

## VIRTUAL FITNESS – Multi Purpose Room

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30 AM	SPIN 60min	YOGA 60min		AXIS ABS 30min			
7:10 AM				PILATES 30min			
8:00 AM	COMBAT 60min	<b>YOUR CHOICE</b>	COMBAT 60min	SPORT 60min	<b>YOUR CHOICE</b>	8.10am PILATES 30min	
9:30 AM						COMBAT 60min	SPIN 60min
10:15 AM		COMBAT 60min	<b>YOUR CHOICE</b>		PILATES 30min		
12:15 PM	<b>YOUR CHOICE</b>	AXIS ABS 30min	PILATES 30min	AXIS ABS 30min			
4:00 PM	AXIS ABS 30min	SPORT 60min	SPIN 60min				
5:30 PM			<b>YOUR CHOICE</b>		<b>YOUR CHOICE</b>		
6:10PM	COMBAT 60min		SPORT 60min		PILATES 30min		
7:15 PM	<b>YOUR CHOICE</b>	<b>YOUR CHOICE</b>		AXIS ABS 30min			

### Please Note

This timetable is subject to change without notice.

Tickets are required to attend all group fitness classes and are available from the reception desk.



## CLASS DESCRIPTIONS

### PARTICIPANT CONDITIONS OF ENTRY

#### General.

- Patrons will not be allowed entry into any group fitness class (including Virtual classes) after a scheduled start time, for the safety of our patrons and OH&S.
- Class limits apply, be early to avoid disappointment.
- Arrive at least 5 minutes prior to the session to set up. Please do not enter the class after it has started as this may pose a hazard to you and patrons already participating in the class.
- All patrons must have a class ticket to ensure entry, hold onto it until it is collected by the instructor.
- Classes are restricted to participants 16 years and over unless part of a specific Teen program.
- No one is allowed into the group fitness rooms to observe the class, this includes children.
- Patrons who are pregnant, have a current or past injury, or a medical condition must seek medical advice before participating in any class and advise their instructor prior to class commencing.
- Consult your doctor prior to participating in any group exercise program.
- Remember to bring a towel and a water bottle to your class.
- Classes and instructors are subject to change at short notice.
- Please bring a towel and drink to all classes.

#### Virtual Fitness is HERE!!

- Virtual Fitness classes commence automatically. If this is not the case, please find a member of staff to help you.
- Virtual Fitness classes are not supervised by a member of staff. If you participate, you do so at your own risk and you are solely responsible for your own health and safety. To the maximum extent permitted by law, Council, Belgravia Leisure and its staff are not liable to you for any claim or demand (including but not limited to negligence) arising from or in connection with your participation in any Virtual Fitness class, including but not limited to personal injury or property damage or loss.
- Patrons who are pregnant, have a current or past injury, or a medical condition must seek medical advice before participating in any class, and must modify their workout if necessary to ensure that they do not exceed their capabilities.
- Respect other patrons participating in the class.
- Staff will monitor the rooms when virtual classes are running. In an emergency alert reception staff that assistance is required.
- Please make sure you get a ticket from reception for the class and place it in the box provided.
- Fan switches and light switches are labelled and can be used where necessary.

- **AQUAFIT CARDIO** A cardiovascular conditioning class utilising both shallow and deeper water levels (if participants are confident). By activating your upper and lower body muscles, this class delivers a fun action-packed workout in a low-impact environment.
- **AQUA FIT TONE** An aquatic based class designed to increase muscle strength and endurance. This equipment-based class uses noodles, kickboards and aqua dumbbells.
- **AQUA SENIORS** Therapeutic water-based class especially designed for seniors and individuals with orthopedic and/or chronic conditions and supervised by a Clinical Exercise Physiologist.
- **STRONG SENIORS** is designed to help keep the mind, body and spirit of older adults active, engaged and strong. A land-based class focusing on balance, strength and stamina. Designed for seniors and individuals with orthopedic and/or chronic conditions
- **POWER TONE** is a circuit class that uses a combination of resistance and cardio based exercises to get results fast. Suitable for all abilities.
- **CHI-FLOW** is a combination of Tai Chi, Yoga, Pilates providing a low impact workout focused on improving your flexibility, balance and intra-abdominal strength while improving concentration and releasing tension and stress.
- **ZUMBA®** Zumba sessions combine Latin and international music with easy popular dances ,such as salsa, merengue, samba ,disco fun and many more. This extremely fun workout incorporates a lot of routines that will improve your cardiovascular system.
- **PILATES** will assist in strengthening your core area and improving your flexibility, by focusing on correct body alignment, breathing, and lengthening and strengthening your muscles.
- **YOGA** exercises centered around postures, meditations, breathing techniques and visualizations will build physical and emotional strength and flexibility.
- **AXIS ABS** is a 30-minute focus on your foundation - the core. Create stability from the AXIS, the middle of your body, the basis of all movement, then layer on mobility, strength and power.
- **SPIN** Indoor cycling classes that guide you through a series of sprints, climbs and attacks. Riders can work at their own pace.
- **COMBAT** is a fusion of martial arts and music a total body conditioning program combining resistance training and kickboxing moves in a condensed session.
- **SPORT** is an up-beat class that tackles every plane of motion with exercises based on various sports related movements.
- **YOUR CHOICE** As the name suggests, you can choose a virtual class of your choice from the class menu from the wall mounted Fitness on Demand iPad.