

Studio 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.10AM		LesMILLS BODYPUMP KIM	Xtreme I.T + Abs ROCHELLE	LesMILLS BODYPUMP ROCHELLE	KIBOX COMBO MICHELLE
9.25AM	KIBOX COMBO SARAH C	LesMILLS BODYPUMP SAMANTHA/CYNDI	CXT MEL	LesMILLS BODYPUMP SAMANTHA	Xtreme I.T + Abs MEL
10.30AM	LesMILLS BODYPUMP SAMANTHA	LesMILLS CXWORX LIZ	LesMILLS BODYPUMP LEE	LesMILLS CXWORX ANDREW	LesMILLS BODYPUMP KATE
11AM				<i>Pilates</i> ★ANDREW	
11.45AM	Low Impact Basics ★MARG				Low Impact Basics ★CHRIS
NOON				<i>Tai Chi</i> ★CHRIS	
5.30PM	Xtreme I.T + Abs MICHELLE	LesMILLS BODYPUMP CAROLYN	LesMILLS BODYSTEP CAROLYN	LesMILLS BODYCOMBAT MICHELLE	
6.30PM	LesMILLS BODYPUMP MICHELLE	LesMILLS BODYCOMBAT MICHELLE	LesMILLS CXWORX LIZ	LesMILLS BODYPUMP MICHELLE	
7PM			KIBOX COMBO EXPRESS LIZ		
7.30PM	LesMILLS BODYBALANCE ★CAROLYN		LesMILLS BODYPUMP KIM		
SATURDAY			SUNDAY		
9AM	LesMILLS BODYPUMP SAMANTHA G				
10AM	KIBOX COMBO SAMANTHA G		LesMILLS BODYSTEP LesMILLS BODYPUMP ROSTER		
11AM			LesMILLS BODYBALANCE <i>Pilates</i> <i>Yoga</i> ★ROSTER		
4.30PM			LesMILLS BODYPUMP WILL		

CLASS DESCRIPTIONS

LesMILLS BODYCOMBAT

A martial arts inspired cardio class. Powerful combinations of boxing, kickboxing, muay thai, and other styles ensure you get great results from interval training. Duration: 55 mins. Coordination: Moderate.

LesMILLS CXWORX

A core training workout that hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. Duration: 30 mins. Coordination: Low.

LesMILLS BODYPUMP

A workout to challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for! Duration: 55 mins or BODYPUMP Express 30 mins. Coordination: Low

LesMILLS BODYSTEP

An energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. Duration: 55 mins or BODYSTEP Express 30 mins. Coordination: Moderate.

LesMILLS BODYBALANCE

★ A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Duration: 55 mins. Coordination: Low.

CXT

A freestyle class combining both high and low impact exercises. You'll be guided through aerobic and resistance training aimed to improve cardio and muscular strength and endurance. If you love variety this class is for you! CXT will challenge you and provide an excellent fitness base for cross training, endurance and flexibility. Duration: 55 mins. Coordination: Moderate.

Xtreme I.T + Abs

Lift your fitness to the next level with this full on intensive workout using high intensity interval training techniques. Finish off your workout with abs and obliques. Duration: 55 mins. Coordination: Moderate.

KIBOX COMBO

Get the stress out! This freestyle boxing class will keep you guessing and will give you a full body workout using various equipment that incorporates punching techniques, pad work, skipping, running and abdominal work. Duration: 55 mins. Coordination: Moderate.

Low Impact Basics

★ Enjoy a fun class that is easy for beginners yet challenging for the tried and true exerciser. Low impact aerobics will boost your energy levels, burn calories, reduce stress and get you in shape. No experience necessary! Duration: 45 mins. Coordination: Low.

Pilates

★ A class teaching a unique method of body control and conditioning. Stretches and strengthens the muscles whilst improving flexibility and balance. Duration: 55 mins. Coordination: Low.

Tai Chi

★ Tai Chi is a Chinese exercise system that uses slow, smooth, gentle, body movements to achieve a state of relaxation of both body and mind. Great for all ages. Duration: 45 mins. Coordination: Low.

Yoga

★ Uses the practice of yoga postures to develop strength, flexibility and correct postural alignment. Encourages relaxation for the mind and body. Duration: 55 mins. Coordination: Low.

Gymnastics Hall

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7PM	ADULT Gymnastics JENNY				

CLASS DESCRIPTIONS

ADULT Gymnastics

Increase your flexibility and core strength with a weekly gymnastics class!. A great fitness alternative for adults, an intermediate coach adapts a personal program to help reach the goals of the individual. Suitable for ages 16 years and over. Duration: 2 hours. Coordination: Low.
Not included in membership. Cost: \$16.60 per casual class, concession available.

★ INDICATES CLASSES AVAILABLE ON OVER 50'S DISCOUNT