

# Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Max Combo	Active Adults	MAX Strength	MAX Combo	HIIT45		
		Body Step			Body Step		
7:00am						Aqua	
7:15am	Active Adults	Cardio Fitball	Mat Pilates	Spin/Cycle			
7:30am	Active Aqua		Active Aqua		Active Aqua		
8:00am		Meditation				Yoga	
			Body Pump				
8:15am	Active Adults	Active Adults	Active Adults	Active Adults	Active Adults		
9:00am							Active Adults
							Body Pump
9:15am			Active Adults			Zumba Fitness	
			Deep Water Aqua				
9:30am	Circuit					Circuit	
10:00am		Yoga	Yoga	Yoga			Mat Pilates
10:30am	Yoga					Boxing	
		Yoga & Meditation					
11:00am		Active Adults	Active Aqua	Active Adults	Active Aqua		
					Yoga		
12:00pm			Body Pump Express (30-minute class)		Active Adults Zumba Gold		
12:30pm			Mat Pilates		<b>Legend</b>		
			Mat Pilates				
6:00pm	MAX Strength	Yoga	Strong Flow Yoga	MAX Combo			Class conducted in Group Fitness Studio
		Boxing	Body Pump				Class conducted in Program Room
	Mat Pilates	Deep Water Aqua	Mat Pilates				Class conducted in the 25m indoor pool
7:15pm		Zumba Fitness	Zumba Gold/Toning				Class conducted in the 50m outdoor pool
		Body Pump					
7:30pm	Aqua						Class conducted in the outdoor dive pool
							Class conducted online

## STRENGTH BASED CLASSES

### **LES MILLS**

**BODYPUMP** is a **total** body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. Your instructor will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

Duration: 30 & 45 minutes | Intensity: Moderate to Hard

### **CIRCUIT, MAX COMBO, HIIT AND MAX STRENGTH**

A motivating workout with a mix of cardio, strength and core exercises on a wide variety of equipment, in a station-to-station format. Take it at your own pace and your intensity level. Experience high energy interval training. Participants will use mixed equipment types to get a full body hard core workout!

Duration: 45 minutes | Intensity: Moderate to Hard

## FITNESS CLASSES

### **LES MILLS**

In a **BODYSTEP** workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's heaps of options so that everyone leaves feeling successful. We play invigorating, hit music and inject a whole lot of fun and personality along the way.

Duration 30 & 45 minutes | Intensity: Moderate to Hard

### **BOXING**

Focusing on correct boxing technique and incorporating skills, drills and agility work. This class is a full body workout designed to get your heart pumping and the endorphins flowing.

Duration: 45 minutes | Intensity: Moderate to Hard

### **ZUMBA FITNESS**

A dance fitness workout set to Latin & International rhythms. Try Salsa, Merengue, Cumbia & more! Perfect for dancers and non-dancers alike.

Duration: 45 minutes | Intensity: Moderate

### **ZUMBA GOLD/TONING**

Zumba Gold/Toning is low impact and simple dance fitness workout. You will use light hand weights to tone and shape your body. This class is perfect if you are just starting out and for older adults.

Duration: 45 minutes | Intensity: Low to Moderate

### **SPIN**

This low impact but high intensity class will challenge your fitness through a series of drills, sprints, and climbs. **All set to motivational music.**

Duration: 45 minutes | Intensity: Moderate to High

## AQUA FITNESS CLASSES

### **AQUA**

Aqua aerobics is suitable for all levels. Surrounded by water you will push and pull using dumbbells and noodles to burn calories and tone up.

Duration: 45 minutes | Intensity: Moderate to Hard

### **DEEP WATER AQUA**

In this deep-water aqua class, you will challenge your fitness and strength using water resistance to build muscle and lose weight. This class is no impact and perfect for runners and off-season athletes.

Duration: 45 minutes | Intensity: Moderate

## WELLBEING CLASSES

### **MAT PILATES**

Increase mind-body awareness through the practice of Mat Pilates. Improve posture, functional strength, balance, flexibility, coordination and performance. Feel longer, leaner and more relaxed.

Duration: 45 minutes | Intensity: Low to Moderate

### **YOGA**

An ancient process to enhance body and mind. You'll learn the main postures (asanas), flexibility, basic breathing techniques (pranayama) and relaxation. Our traditionally trained teachers will carefully guide you through your practice.

Duration: 60-75 minutes | Intensity: Low to Moderate

### **STRONG FLOW YOGA**

A combination of vinyasa (dynamic sequences with synchronised breath-movement) and long holds in key asanas / postures. Challenge your body and mind while building strength & flexibility physically and mentally.

Duration: 60 minutes | Intensity: Moderate to Hard

### **MEDITATION**

Can help relieve stress and create a peaceful and clear mind. Take care of your physical, mental and emotional health during these turbulent times. Suitable for beginners and experienced meditators

Duration: 30 minutes | Intensity: Low

## ACTIVE ADULTS

### **ACTIVE ADULTS**

Active Adults classes are designed for those beginning exercise and for older adults with a focus on low impact movements and low risk activity at an achievable pace. All active adults classes combined strength, cardiovascular and flexibility training for a holistic workout. These classes are about keeping fit while having fun and making friends.

Duration: 45 minutes | Intensity: Low to Moderate

### **AQUA FOR ACTIVE ADULTS**

Aqua for Active Adults is specifically designed for beginner exercisers and older adults. The low impact movements combined with muscle and bone strengthening exercise will prompt long lasting health all while in a fun and social atmosphere.

Duration: 45 minutes | Intensity: Low to Moderate

### **CARDIO FITBALL FOR ACTIVE ADULTS**

Cardio Fitball tones and shapes your entire body using a swiss ball. This class also develops balance and coordination and is part of the Active Adults program

Duration: 45 minutes | Intensity: Low to Moderate

## HOW TO BOOK

- Via your online portal. Bookings open 48 hours in advance
- In person at reception. Bookings open 24 hours in advance

\*online classes are booked in via Eventbrite, visit [stonnington.vic.gov.au/healthclub](https://stonnington.vic.gov.au/healthclub)