

Spring/Summer Group Fitness Timetable

Effective Monday 11 January 2021

Due to COVID19 restrictions all classes are capped. Classes with another scheduled immediately after are 45 minutes duration, except where otherwise specified.

Group Fitness Timetable

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	HIIT45 Sports Hall - 45min	CYCLE Group Fitness Room	RPM Group Fitness Room	BODY PUMP Group Fitness Room	RPM Group Fitness Room		
7.15am						RPM Group Fitness Room	
7.30am	PILATES Sports Hall				PILATES Sports Hall		
8.30am	HIIT45 Sports Hall - 45min	BARREFIT Group Fitness Room	PILATES Sports Hall	BODY BALANCE Group Fitness Room	TABATA Sports hall	BODY PUMP Sports Hall	RPM Group Fitness Room
9.30am	BODY PUMP Sports Hall	BODY COMBAT Sports Hall	TABATA Sports Hall	BODY PUMP Sports Hall	RPM Group Fitness Room	BODY COMBAT Sports Hall	BODY PUMP Group Fitness Room - 30min
10.00am							CXWORX Group Fitness Room - 30min
10.30am	RPM Group Fitness Room	BODY BALANCE Group Fitness Room	YOGA Group Fitness Room	BODY COMBAT Group Fitness Room - 30min		BODY BALANCE Group Fitness Room	
11.00am				CXWORX Group Fitness Room - 30min			
4.30pm		TABATA Group Fitness Room					
5.30pm	BODY COMBAT Group Fitness Room	BODY PUMP Group Fitness Room	BODY COMBAT Group Fitness Room	BODY PUMP Group Fitness Room			
6.30pm	BODY PUMP Group Fitness Room	YOGA Group Fitness Room	RPM Group Fitness Room	BODY BALANCE Group Fitness Room			

Aqua Fitness + Active Over 50s Timetable

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am	SENIOR STRENGTH TRAINING Active over 50s	SENIOR STRENGTH TRAINING Active over 50s	SENIOR STRENGTH TRAINING Active over 50s	SENIOR STRENGTH TRAINING Active over 50s	SENIOR STRENGTH TRAINING Active over 50s		
				LITE 'N' EASY Aqua			
8.00am						SWIMFIT Aqua	
						AQUA DEEP Aqua	
8.30am					GENTLE EXERCISE Active over 50s		
11.15am					TAI CHI Active over 50s		
12.30pm	LITE 'N' EASY Aqua		LITE 'N' EASY Aqua		LITE 'N' EASY Aqua		
6.30pm	HIGH ENERGY Aqua						
6.45pm	SWIMFIT Aqua	SWIMFIT Aqua	SWIMFIT Aqua				

Cardio Classes

BODY COMBAT

Bodycombat is the empowering cardio workout where you feel totally unleashed. This fiercely energetic program is inspired by mixed martial arts, and draws from a wide range of disciplines such as karate, boxing, taekwondo and muay thai.

BODY PUMP

A circuit-based class, incorporating intervals of high intensity cardio and resistance-based exercises. This class is designed to push your current fitness to the next level. Buyer beware!

TABATA

This is your classic high-intensity interval training workout. The perfect workout for when you've got limited time - get in, get smashed and get out - all in record time!

HIIT45

Featuring cardio and strength exercises using your own body weight, this class is sure to improve your fitness, while strengthening your whole body. Available in 30 and 45 minute formats.

GENTLE EXERCISE

Central Coast Area Health's 'Active Over 50s' program - Gentle Exercise Class. Low-impact and low-intensity. A pre-screening and health assessment must be completed prior to commencing this class - please see our health and fitness staff.

Cycling Classes

RPM

RPM is a high-octane indoor cycling class, where you ride to the rhythm of powerful music. You will take on the terrain with your instructor through hills, flats, mountain peaks and speed intervals on your way to a 500+ calorie-burning high.

CYCLE

An indoor cycling class that is just as much about fun as it is perspiration. Classes cater for all levels of fitness, and no experience or coordination is required. An excellent fat burning class where you are in control of the intensity, all set to fun singalong music.

Strength-Based Classes

BODY PUMP

Bodypump is the original barbell class that will sculpt, tone and strengthen your entire body - fast! It's one of the fastest ways to get in shape, as it challenges all of your major muscle groups as you squat, press, lift and curl to the latest motivating, chart-topping music.

CXWORX

CXWorx is a cutting edge 30 minute core workout. It targets the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening and toning your tummy and butt, while providing functional strength and assisting in injury and pain prevention.

TRX

Born in the Navy SEALs, suspension training develops strength, balance, flexibility and core stability simultaneously. The class uses the TRX, a performance training tool that leverages gravity and the user's body weight to enable 100s of exercises and target every fitness goal.

Mind + Body Classes

BODY BALANCE

Bodybalance is a yoga, tai chi and pilates workout that builds flexibility and strength while leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of exercises create a holistic workout, bringing harmony and balance to the mind and body.

YOGA

Yoga is a traditional practice that aims to create a greater awareness of the body. Accompanied by soothing music, the class moves through a series of poses and stretches, including floor exercises and more challenging standing and balancing work, finishing with relaxation and meditation.

PILATES

A class based on traditional principles, it's perfect for anyone looking to improve core strength and functionality, flexibility, and injury prevention and management.

TAI CHI

This is a gentle martial art that's well known for its health benefits. It is considered to be a form of 'meditation in motion', promoting serenity and inner peace while improving balance, posture, concentration and overall wellbeing.

BARREFIT

Barrefit is an energetic fusion fitness class using the ballet barre - the result is a unique total body workout designed to tone, shape, strengthen and align. 45 minute class.

Aqua Fitness Classes

LITE 'N' EASY

A low intensity aqua fitness class, this is suitable for beginners, seniors or those managing injury or illness. This class uses various equipment, such as pool noodles and dumbbells, to tone and shape the body, while providing a gentle cardiovascular workout.

HIGH ENERGY

Higher in intensity, this aqua fitness class is designed to suit the regular participant, or those who wish to progress from Lite 'n' Easy. This class features a larger cardiovascular component and uses equipment to create a whole body fitness and toning workout.

AQUA DEEP

This aqua fitness class is conducted in deep water, where participants rely on their own buoyancy to create the workout - buoyancy belts are available if required. This class allows participants to work as little or as hard as they choose, and the zero-impact is perfect for those with joint problems or injuries.

SWIMFIT

Led by a qualified ASCTA swim coach, this program is for those who can swim freestyle, but would like to improve their swimming capabilities for general fitness or for competition. Stroke correction is also provided; however, this is a non-competitive swim group which can assist beginners and advanced swimmers.

General Class Information

• All classes have a maximum capacity for your safety and enjoyment - please arrive early to avoid disappointment. • Classes commence at the scheduled start time, and for your safety, late admittance is not permitted. • Closed footwear is required for all classes, except Mind and Body, and Aqua Fitness. • A ticket must be obtained from reception for entry to a group fitness class - please give this ticket to your instructor. • All group fitness classes are included in your Gold or Health Club Membership.

