

# Group Fitness Timetable from 29 August

| MONDAY                             | TUESDAY                           | WEDNESDAY                          | THURSDAY                          | FRIDAY                            | SATURDAY                          | SUNDAY                          |
|------------------------------------|-----------------------------------|------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|---------------------------------|
| 6.10am<br>BodyPump*<br>30min       | 6.10am<br>BodyPump*<br>45min      | 6.10am<br>BodyPump*<br>30min       | 6.10am<br>GRIT Strength*<br>30min | 6.10am<br>Core<br>30min           |                                   |                                 |
| 6.40am<br>Core<br>30min            |                                   | 6.40am<br>Core<br>30min            |                                   | 7.00am<br>Slow Flow Yoga<br>60min | 8.30am<br>GRIT Strength*<br>30min |                                 |
| 9.05am<br>Dynamic Yoga<br>45min    | 9.05am<br>Pilates<br>45min        | 9.05am<br>GRIT Strength*<br>30min  | 9.05am<br>Pilates<br>45min        | 9.05am<br>BodyPump*<br>45min      | 9.15am<br>BodyPump*<br>60min      | 9.15am<br>Dynamic Yoga<br>60min |
| 10.00am<br>BodyPump*<br>30min      | 10.00am<br>BodyPump*<br>45min     | 10.00am<br>BodyPump*<br>30min      | 10.00am<br>BodyPump*<br>60min     |                                   | 10.20am<br>Core<br>45min          | 10.30am<br>Core<br>30min        |
| 10.35am<br>Core<br>30min           |                                   | 10.35am<br>Core<br>30min           |                                   | 10.35am<br>Core<br>30min          |                                   |                                 |
| 11.15am<br>Alpine Stretch<br>45min |                                   | 11.15am<br>Alpine Stretch<br>45min | 11.15am<br>Dynamic Yoga<br>60min  | 11.15am<br>Yoga Stretch<br>60min  | 11.15am<br>Yoga Stretch<br>60min  |                                 |
| 12.30pm<br>BodyPump*<br>45min      | 12.30pm<br>Yoga Stretch<br>60min  |                                    |                                   |                                   |                                   |                                 |
| 5.00pm<br>GRIT Strength*<br>30min  | 5.00pm<br>GRIT Strength*<br>30min | 5.00pm<br>Core<br>30min            | 5.00pm<br>GRIT Strength*<br>30min |                                   |                                   | 5.00pm<br>BodyPump*<br>45min    |
| 5.45pm<br>BodyCombat<br>60min      | 5.45pm<br>BodyPump*<br>45min      | 5.30pm<br>Tone<br>30min            | 5.45pm<br>BodyPump*<br>30min      | 5.45pm<br>BodyPump*<br>60min      |                                   | 6.00pm<br>Yin Yoga<br>60min     |
| 7.00pm<br>Alpine Stretch<br>45min  | 6.45pm<br>Core<br>30min           | 6.00pm<br>BodyCombat<br>45min      | 6.20pm<br>Core<br>30min           |                                   |                                   |                                 |
|                                    | 7.30pm<br>Dynamic Yoga<br>60min   | 7.00pm<br>Pilates Evolve<br>60min  | 7.00pm<br>Slow Flow Yoga<br>60min |                                   |                                   |                                 |

\* Not available as TeenFit class

# Cycle Timetable

| MONDAY                    | TUESDAY                   | WEDNESDAY                 | THURSDAY                  | FRIDAY                    | SATURDAY                                  | SUNDAY                 |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---|------------------------|
|                           | 6.10am<br>RPM<br>45min    |                           | 6.10am<br>RPM<br>45min    |                           |   |                        |
| 6.45am<br>SPRINT<br>30min | 7.10am<br>SPRINT<br>30min | 6.45am<br>SPRINT<br>30min | 7.10am<br>SPRINT<br>30min | 6.45am<br>SPRINT<br>30min | 8.15am<br>RPM Max (6 week trial)<br>55min |                        |
| 9.15am<br>SPRINT<br>30min | 9.15am<br>RPM<br>45min    | 9.30am<br>RPM<br>45min    | 9.15am<br>SPRINT<br>30min | 9.30am<br>RPM<br>45min    | 10.15am<br>RPM<br>45min                   | 9.30am<br>RPM<br>45min |
|                           |                           |                           |                           |                           |   |                        |
| 6.00pm<br>RPM<br>45min    | 6.00pm<br>SPRINT<br>30min | 6.00pm<br>RPM<br>45min    | 5.45pm<br>SPRINT<br>30min |                           |   |                        |

Key:

Alpine Classes

Les Mills Classes

Les Mills SPRINT classes

Yoga Classes

Latest changes

# Group Fit Class Descriptions

**STRENGTH 101 and 102:** A workout opportunity for teenagers aged between 13 and 18. Safe workouts that vary from circuits, cardio or strength-based exercises and games – indoor, outdoors or inside the gym. No experience required and all teens are welcome.

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**LES MILLS BODY COMBAT:** The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Powered by great music and strong instructors, you'll strike, punch, and kick your way through calories to superior cardio fitness.

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**LES MILLS CORE (previously CX WORX):** Based on cutting-edge scientific research, CX WORX combines the best of personal training with the energy of group fitness all in just 30 minutes! Honing 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.

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**LES MILLS BODY PUMP\*:** The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights will get you the results you came for - and fast!

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**LES MILLS TONE:** This class features the optimal mix of strength, cardio and core training. A great cross training class. Accommodates all levels.

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**LES MILLS GRIT STRENGTH\*:** Builds strength and lean muscle. Works all the major muscle groups and sends your metabolism into overdrive to burn fat for hours after the workout. Stimulates the production of growth hormone which reduces fat and helps develop lean muscle

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**ALPINE STRETCH:** An athletic stretching class. Simple positions that target the most over used muscles in the body.

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**ALPINE PILATES:** A body conditioning routine that builds flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates emphasises the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement. Pilates is one of the best forms of exercise for overall conditioning, toning and relaxation.

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**ALPINE PILATES EVOLVE:** Our Evolve class is a step up from our standard pilates class. We lift the level a little to challenge people who are looking for that bit extra. However our instructor teaches to whoever is in the room, so movements can be modified if needed. This class is not suitable for those who are injured, so for the likes of back injuries etc. we recommend attending the standard pilates class where the movements are more fundamental. A reasonable base fitness is ideal.

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**ALPINE SLOW FLOW YOGA:** This class flows from one posture to the next but at a slow pace with plenty of time and space to get in and out of postures.

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**ALPINE DYNAMIC YOGA:** These classes are active and sometimes challenging. Poses flow from one posture to the next but at a faster pace than slow flow. Both a yoga experience and a workout.

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**ALPINE YIN YOGA:** This class will reduce tightness and stress and increase mobility and flexibility. This is a slow paced style of yoga with poses that re held for longer times to allow the body to relax into the position.

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**ALPINE YOGA STRETCH:** Our yoga teachers put together a sequence of yoga poses that focus on stretching and relaxing. They might use props and the class will vary with the instructor.

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**LES MILLS RPM:** The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your inner athlete while you sweat and burn to reach your endorphin high.

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**LES MILLS SPRINT:** LES MILLS SPRINT is the indoor cycling workout that pushes you further. 30 minutes of high intensity interval training (HIIT) on a bike, LES MILLS SPRINT motivates you to push your physical and mental limits, led by an expertly trained instructor and a scientifically proven exercise program.

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**LES MILLS RPM Max:** The indoor cycling workout where you ride to the rhythm of powerful music. The RPM Max is like the RPM class but with two extra tracks to extend the length of your ride. Discover your inner athlete while you sweat and burn to reach your endorphin high!

\*Not available as TeenFit class