

# GROUP EXERCISE TIMETABLE STUDIO ONE & CYCLE STUDIO

Updated 1st of August 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	PILATES 45 LEAH	SPORTSTRETCH60 LEAH	HIIT 45 LAURA	LES MILLS BODYPUMP 60 ROWIE	HIIT 60 CORY		
6.00AM	SPIN 45		SPIN 45		RPM 45		
7:30AM	KATE	YOGA 60	ROWIE	YOGA 60	ROWIE		
8.00AM		FIONA		FIONA		LES MILLS BODYPUMP 60 RAKAPA	
9.00AM	YOGA 60 RICO			YOGA 60 FIONA	PILATES 60 ABBY		LES MILLS BODYPUMP 60 ROWIE
9.15AM						HIIT 60	
10.15AM				STUDIO 1 UNAVAILABLE 10:30AM-11:30PM		JONO	SPIN 45
9:15AM						SPIN 45	ROWIE
12:15PM		SPIN 30				ROWIE	
10:30AM		KATE				YOGA 60	
12:30PM			YOGA 60 FIONA			RICO	
12:30PM						GYM SESSION 60	
						PERSONAL TRAINER	
4:30PM	YOGA 45 AMANI				PILATES 45 LEAH		
5:30PM	LES MILLS BODYPUMP RAWINIA	Konga 60 AMANDA	PILATES 60 ABBY	BOX HIIT 60 CORY	SPORTSTRETCH60 LEAH		
5:30PM	SPIN 45 JONO	SPIN 45 JONO	SPIN 45 CORY				
6:45PM	ZUMBA gold 45 KIYO	STUDIO 1 UNAVAILABLE 6:45PM-7:45PM	YOGA 60 RICO	ZUMBA 45 KIYO			

Due to instructor availability, classes & instructors may be replaced at short notice. We apologise for any inconvenience.

#### Child minding hours:

Monday - Friday 9.00am - 10.15am & 10.30am - 11.30am

\$2 per child per session

CALL 8950 7706 TO BOOK - MAX 48 HOURS AHEAD

AGES 6 MONTHS - 8 YEARS

Gym Staffed Hours 8am - 6pm Monday to Friday

Saturday: 7.30am - 1.30pm, Sunday: 8:30am - 1:30pm

Casual visits strictly ONLY during staffed hours

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**Group Exercise classes are fun, motivating & help you get results much faster than working out alone. If you would like to find out more about how our classes fit into your fitness program, have a chat to one of our instructors or Health Club staff.**

**Please download the “Mywellness” app so you can view the timetable and even set reminders for your chosen classes.**

**BODYPUMP** – *with Rakapa, Rawinia & Rowie*: The original barbell class that strengthens and tones your entire body. This sixty-minute workout challenges all your major muscle groups, will burn calories, increase core strength, improve bone health and tone your entire body fast.

**BOX HIIT** – *with Cory*: High Intensity Interval Training with a twist – a hit of boxing. Usually coached as a circuit style class incorporating primal movements, high intensity exercises and boxing with a partner for an incredibly fun, challenging workout.

**GYM SESSION** – *with one of our Personal Trainers*: The Gym Session isn't a workout, but an informative session with PT on how to get started with the cardio and pin-loaded equipment in the gym and provides an opportunity to ask questions about training. Please note these sessions are limited to 10 people per session on a first in, first serve basis.

**HIIT** – *with Cory, Jono & Laura*: High Intensity Interval Training has been designed to achieve results fast. An efficient calorie burning class where each exercise is different, keeping your workouts interesting and maximising your results.

**KONGA** – *with Amanda*: A combination of Dance, Kickboxing, Strength and Plyometric movements set to music. Konga is an easy-to-follow, low complexity and high intensity dance-based class, suitable for all ages & fitness levels and it's a lot of fun!

**PILATES** – *with Abby & Leah*: A mat-based Pilates workout which is a low-impact muscular strength & endurance class with a focus on flexibility, mobility, core strength and muscular balance.

**SPIN & RPM** – *with Cory, Jono, Kate & Rowie*: Participants follow a leader on a stationary bike as the instructor takes you through a journey set to uplifting music great for cardio training and lower body muscular fitness.

**SPORT STRETCH** – *with Leah*: A mix of stretching techniques and trigger point therapy using foam rollers and trigger point massage balls. Learn the skills needed to prevent injury, ease muscular tension, improve sport performance and recover faster from workouts.

**YOGA** – *with Amani, Fiona & Rico*: Each class will both strengthen and rejuvenate you through the selection and order of body postures. Challenge your strength, balance, flexibility and the mind whilst you work through long, strong holds and fast transitions with the opportunity to progress towards challenging Yoga poses. At the end of each class, time is set aside for relaxation; a state in which the body comes into stillness and the mind is quiet, alleviating stress and anxiety.

**ZUMBA & ZUMBA GOLD** – *with Kiyoko*: A modified version of the original Zumba class, Zumba Gold is tailored to beginners, seniors and those that want to keep active and have fun at the same time! Step it back in time a little bit with some old school classic tunes!