

GROUP FITNESS CLASSES

PILATES	This class focuses on maintaining optimal alignment, achieve joint stabilisation and create a balanced muscular tone by consciously improving posture, flexibility and developing core strength. Modifications can be given to suit various fitness levels and new mums.
BOXING 4 FITNESS	A 60 minute high intensity freestyle class, incorporating boxing, free weights & body weight exercises. Challenge your body as the instructor varies the exercises and format from week to week.
YOGA	Using a variety of methods, this class is a flowing style that incorporates familiar Yoga poses including: sun salutations, plank and downward facing dog. This class is ideal for strengthening muscles and joint stabilisation.
POWER PROGRAMS	The RISE is offering new and exciting 45 minute express freestyle classes that incorporates full body conditioning with a mixture of cardio and resistance exercises.
STEP	Classic freestyle class that combines advanced choreography and dance style moves. A great calorie burning workout.
KONGA	Low complexity dance workout combining Hip Hop, Latin, Bollywood and Boxing to improve co-ordination and increase joint mobility, all while burning over 700 calories. Tone and shape your entire body and boost your metabolism while moving, shaking and krumping to your favourite music.
METAFIT	This fun style of interval training is designed to boost your fitness, rocket your energy levels & achieve great results, all within 45 minutes. Results come through metabolic disturbance, the increase of your resting metabolic rate and increased fat burning.
BODY PUMP	The fastest way to get into shape. Exercises using a single free-weight bar with adjustable plates. This class will tone your body, increase your muscle endurance & metabolism, all while burning calories.
ROLL & RECOVER	Seek your true balance, develop core stability and release tension using self-myofascial massage. Increase blood circulation, generate flow, improve posture, increase range of movement and relax your muscles with foam roller exercises
BODY & SOUL	Combining the benefits of both Yoga and Pilates, this full body conditioning class will increase strength and flexibility whilst leaving you feeling calm and centred.
STEP / ABS	A classic calorie burning freestyle class that combines Step routines and core exercises to increase cardio and strengthen your ab's.
HIIT	High Intensity Interval Training ensures you receive maximum fitness benefits. It is mostly used by individuals trying to lose weight or improving fitness levels.



GROUP FITNESS TIMETABLE

WINTER PROGRAM (EFFECTIVE FROM 18th JUNE 2018)



HEALTH CLUB

MONDAY - FRIDAY
6:00am - 9:00pm

SATURDAY - SUNDAY
8:00am - 6:00pm

PUBLIC HOLIDAYS
9:00am - 6:00pm

CRECHE

MONDAY
8:45am - 11:45am

TUESDAY
9:00am - 11:45am

WED, THURS, FRI
9:00am - 11:30am



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COMMUNITY HALL

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15am	POWER STRENGTH	BOXING 4 FITNESS	POWER CARDIO	BOXING 4 FITNESS	POWER STRENGTH		
8:30am						LES MILLS BODYPUMP	
9:00am						BODY & SOUL (Crèche)	YOGA
9:30am	LES MILLS BODYPUMP	METAFIT	YOGA	HIIT	STEP/ABS	BOXING 4 FITNESS	
10:15am		PILATES		PILATES			
10:30am					PILATES		
5:30pm	STEP	KONGA	LES MILLS BODYPUMP	YOGA			
6:30pm	BOXING 4 FITNESS	LES MILLS BODYPUMP	YOGA	HIIT			
7:30pm	ROLL & RECOVER						

PLEASE REMEMBER:

1. Please arrive before the scheduled class time - latecomers will not be permitted.
2. Please check-in (members) or pay at reception upon arrival.
3. Please hand receipt to instructor at beginning of class.
4. Please bring a water bottle, sweat towel and correct footwear to all classes.
5. Please advise instructor if you are new or have any health issues.
6. Have fun!



CRÈCHE HOURS:

Monday
8:45am - 11:45am
Tuesday
9:00am - 11:45am
Wednesday, Thursday & Friday
9:00am - 11:30am
Bookings essential, Contact our friendly Crèche team on - 9208 2400