



THE RISE

GROUP FITNESS TIMETABLE

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.
K-ZONE BOXING	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.
K-FORCE	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.
MIND & BODY	Looking for something different? This class offers a combination of Yoga, Pilates and Qigong which will assist in decreasing stress, restore weary muscles, improve flexibility and all conducted in relaxed comfortable environment
YOGA/PILATES FUSION	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. This 45min class is ideal for those trying to lose weight or improving fitness levels.
BTT CONDITIONING	All-inclusive program that targets the glutes, legs and abs. Get ready to feel the burn!

AUTUMN PROGRAM (EFFECTIVE FROM MARCH 2019)



HEALTH CLUB	CRECHE
MONDAY - FRIDAY 6:00am - 9:00pm	MONDAY - FRIDAY 9:00am - 11:30am
SATURDAY - SUNDAY 8:00am - 6:00pm	SATURDAY - SUNDAY Closed
PUBLIC HOLIDAYS 9:00am - 6:00pm	PUBLIC HOLIDAYS Closed



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COMMUNITY HALL

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15am	K-FORCE	K-ZONE BOXING	BTT CONDITIONING	K-ZONE BOXING	K-FORCE		
8:00am						LES MILLS BODYPUMP	
9:00am						YOGA/PILATES FUSION & BTT CONDITIONING	YOGA
9:30am	LES MILLS BODYPUMP	METAFIT	YOGA	HIIT	STEP/ABS	K-ZONE BOXING	
10:15am		PILATES		PILATES			
10:30am					PILATES		
5:15pm	STEP						
5:30pm		KONGA	LES MILLS BODYPUMP	YOGA			
6:00pm	LES MILLS BODYPUMP						
6:30pm		PILATES	YOGA	HIIT			
6:45pm	K-ZONE BOXING						
7:30pm	MIND & BODY						

PLEASE REMEMBER:

1. Please arrive before the scheduled class time - late comers 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!



CRECHE HOURS:

Monday - Friday
9:00am - 11:30am

Saturday, Sunday & Public Holidays
Closed

Bookings are essential. Contact our friendly Crèche team on 9208 2400 to book