

SPIN STUDIO / CIRCUIT ROOM

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	SPIN				LES MILLS RPM		
8am						SPIN	
8:30am							LES MILLS RPM
8:45am						SPIN	
9:30am	SPRINT/ CIRCUIT				METASPIN		
6pm	LES MILLS RPM	BOX & BIKE	LES MILLS RPM				

DESCRIPTIONS

SPIN	Conquer hills, mountain peaks, flats and sprints in this high energy, freestyle training class
SPRINT/CIRCUIT	Combine the elements of HIIT training for this fun, powerful class
RPM	Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more
BOX & BIKE	Combining the elements of boxing and spin, this class is guaranteed to make you sweat!
METASPIN	Based on the principles of MetaFit, get ready for a solid workout
SILVER SNEAKERS	A great class for older adults, increase your strength, flexibility, bone density and fitness.

AQUA CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
9:30am	WATER WORKOUT	POWER AQUA	AQUA NAUTS	AQUA	AQUA NAUTS	AQUA	
6pm	POWER AQUA		POWER AQUA				

DESCRIPTIONS

WATER WORKOUT	Water Workout is an all round aquatic workout. Great for all fitness levels with a focus on core stability, resistance training and cardiovascular improvement
POWER AQUA	A whole body conditioning workout set to improve overall muscular strength and overall fitness
AQUA NAUTS	Aqua Nauts is suitable for all fitness levels and is the perfect environment to have fun and create new friendships. Recommended for 'Nifty over 50s'
AQUA	The original Aquarobics class full of fun, friendships and fitness

GROUP FITNESS TIMETABLE



SUMMER PROGRAM (Effective from November 2020)



OPENING TIMES

MONDAY - FRIDAY

**SATURDAY, SUNDAY
& PUBLIC HOLIDAYS**

HEALTH CLUB

5:30am - 9pm

7:30am - 6pm

AQUATICS

5:30am - 8:30pm

7:30am - 7pm



9276 6538

Cnr Broun Ave & Priestley St, Embleton
www.bayswaterrecreation.com.au/waves
waves@bayswater.wa.gov.au



GROUP FITNESS ROOM

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6am		LES MILLS BODYPUMP	HIIT	LES MILLS BODYPUMP	HIIT STRENGTH		
8am		SILVER SNEAKERS		SILVER SNEAKERS			
8:15am						LES MILLS BODYPUMP	
8:30am	H-ZONE (45mins)		H-ZONE (45mins)		SUPER STEP		LES MILLS BODYATTACK
9am							
9:15am						LES MILLS BODYCOMBAT	
9:30am	STEP	YOGA	STEP	LES MILLS BODYPUMP	STRENGTH & CARDIO		LES MILLS BODYPUMP
10am						STEP	
10:30am	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	YOGA	LES MILLS BODYBALANCE		LES MILLS BODYCOMBAT
3pm						YOGA (90mins)	
5pm	metafit.		metafit.	metaPWR			
5:30pm	LES MILLS BODYPUMP	POWER CARDIO	LES MILLS BODYJAM	LES MILLS BODYATTACK	LES MILLS SH'BAM		
6pm	YOGA (90mins)		YOGA (60mins)	YOGA (90mins)			
6:30pm	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	BOXING 4 FITNESS	HIIT		
7:30pm	LES MILLS BODYBALANCE	 ZUMBA	LES MILLS BODYBALANCE				

DESCRIPTIONS	
BODY PUMP	Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed barbell workout that trains all your major muscle groups.
BODY COMBAT	Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals
BODY BALANCE	Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life
BODY ATTACK	Body Attack is a high-energy fitness class that combines athletic movements including: running, lunging, jumping, push-ups, squats and more
BODY JAM	Body Jam is an addictive fusion of the latest dance moves with the hottest sounds guaranteed to make you sweat while having a blast
SH'BAM	Let your inner star shine with this sociable, vibrant and unique class. Even the 'dance challenged' will have fun and get fit
ZUMBA	Is it a dance party? Is it a workout? No... It's Zumba! This original classic will get you burning calories to Latin music and dance moves
METAFIT	Metafit is a 30min high intensity, interval training based class guaranteed to help you hit your fitness goals
METAPWR	This metabolic resistance workout is specifically designed to build muscle, burn fat and improve your cardio fitness
STEP	Step up, down and around a raised platform in different patterns to boost your heart rate, breathing and muscular strength
SUPER STEP	An advanced version of the original group fitness class, you'll burn the calories away with advanced choreography and fun dance style moves
HIIT	HIIT workouts combine bursts of intense exercise with short breaks for rapid cardio fitness improvements
HIIT STRENGTH	HIIT Strength combines the elements of your usual HIIT training program with resistance equipment, designed to help build muscle while stripping the fat
H-ZONE	This 30min express freestyle class incorporates full body conditioning with a mixture of cardio and resistance exercises
YOGA	Yoga is an ancient form of health and fitness that helps you cultivate your physical, emotional, mental and social health and wellbeing through breathing, posture movements and meditation
POWER CARDIO	A new and exciting freestyle class that incorporates full body conditioning with a mixture of cardio and resistance exercises
BOXING 4 FITNESS	Take the stress out of the day and melt the calories away as you hit, punch and kick your way to fitness
STRENGTH & CARDIO	This freestyle, high intensity training workout is specifically design to ensure you receive maximum fitness benefits, by combining resistance, cardio and body weight exercises
SILVER SNEAKERS	A great class for older adults, increase your strength, flexibility, bone density and fitness.