

DESCRIPTIONS

HIIT	HIIT workouts combine bursts of intense exercise with short breaks for rapid cardio fitness improvements
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
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
STEP	Step up, down and around a raised platform in different patterns to boost your heart rate, breathing and muscular strength
BOXING	A high intensity freestyle class, incorporating boxing, resistance equipment & body weight exercises to challenge your fitness
K-ZONE BOXING	This high intensity class ensures you receive maximum fitness benefits and is ideal for those trying to lose weight or improve their cardio levels
METAFIT	Metafit is a 30min high intensity, interval training based class guaranteed to help you hit your fitness goals
PILATES	This class focuses on maintaining optimal alignment, joint stabilisation and create a balanced muscular tone by consciously improving posture, flexibility and developing core strength
TOTAL BODY CONDITIONING	Just like the name implies, this class will give you a full body workout includes cardio, strength equipment and body weight exercises
MINDFUL MOVEMENT PILATES	Combining the benefits of both Yoga, Pilates, Tai Chi and Chi Gung, this class is specifically designed to increase your functional movement and spinal alignment
BTT CONDITIONING	Looking to target your glutes, legs and abs. Then give this class a go and get ready to feel the burn!
ZUMBA	There's nothing quite like Zumba fitness. This fun, easy and exhilarating class gives you a full body workout that doesn't even feel like exercise



GROUP FITNESS **TIMETABLE**

SUMMER PROGRAM

(Effective from November 2020)



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



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GROUP FITNESS ROOM

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15am	HIIT	K-ZONE BOXING	BTT CONDITIONING	K-ZONE BOXING	HIIT		
8:15am						LES MILLS BODYPUMP	BOXING
9:15am						YOGA	YOGA
9:30am	LES MILLS BODYPUMP	metafit	YOGA	HIIT	STEP		
10:15am		PILATES		PILATES			
10:30am	YOGA						
5:30pm	STEP	TOTAL BODY CONDITIONING	LES MILLS BODYPUMP	YOGA			
6:15pm	LES MILLS BODYPUMP						
6:30pm		MINDFUL MOVEMENT PILATES	YOGA	 ZUMBA			
7:00pm	BOXING						