

CLASS DESCRIPTIONS

LES MILLS BODYPUMP	Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed barbell workout that trains all your major muscle groups.
LES MILLS BODYCOMBAT	Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals.
LES MILLS BODYBALANCE	Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life.
LES MILLS BODYATTACK	Body Attack is a high-energy fitness class that combines athletic movements including; running, lunging, jumping, push-ups, squats and more.
LES MILLS BODYJAM	Body Jam is an addictive fusion of the latest dance moves with the hottest sounds guaranteed to make you sweat while having a blast.
LES MILLS RPM	Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more.
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	A 30min high intensity, interval training class guaranteed to hit your fitness goals.
step	Step around a raised platform to boost your heart rate, breathing and muscular strength.
HIIT	HIIT combines bursts of intense exercise with short breaks for rapid cardio fitness.
SPIN	Similar to Les Mills RPM with unique twists and playlists from our instructors!
YOGA	Yoga helps you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation.
PILATES	This class focuses on maintaining alignment, joint stabilization, creates a balanced muscular tone by consciously improving posture, flexibility and developing core strength.
AQUA	An all round aquatic workout, great for all levels and works on core stability & resistance.
SILVER SNEAKERS	A great class for older adults, increase your strength, flexibility, bone density and fitness.
AQUANAUTS	For all fitness levels. A perfect for Over 50's to have fun and create new friendships.
MINDFUL MOVEMENT	Combining Yoga, Pilates, Tai Chi and Qigong, MM increases movement and alignment.
Kardio Killer	This class progresses in difficulty whilst building endurance and cardio conditioning.
Stretch	This 60 minute class is designed to improve your flexibility and mobility, as well as stretch and relieve your muscles.
Step/ABT	Combining compound and isolation movement targeting the core, legs and butt area.
Trampoline	A 30 min cardio workout which will stimulate your lymphatic system and improve balance.
Triple 15	A workout which includes upper and lower body, core and cardio in 3x 15 min sessions.

GROUP FITNESS TIMETABLE



2024 PROGRAM (Effective from 17 February 2024)



Opening Hours

OPENING TIMES	HEALTH CLUB	AQUATICS	CRECHE
MONDAY - FRIDAY	5:30am - 9pm	5:30am - 8:30pm	8:30am - 12noon
SATURDAY, SUNDAY & PUBLIC HOLIDAYS	7:30am - 6pm	7:30am - 7pm	8am - 12noon (Saturday Only)



PLEASE NOTE: Classes are subject to change without notice

Phone: 9276 6538









































Cnr Broun Ave & Priestley St, Embleton
www.bayswaterrecreation.com.au/waves



Bayswater Waves Group Fitness Timetable

Effective 17 February 2024

*Class to take place in the Circuit Room

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		Triple 15					
7:00am							
8:00am							
8:30am							
9:00am					Step/ABT		
9:30am							
10:00am							
10:30am		Stretch					
11:00am		Special Needs*					
5:00pm							
5:30pm			Kardio Killer				
6:00pm							
6:30pm							
7:30pm	