

GROUP FITNESS TIMETABLE

2024 PROGRAM (Effective from 1 May 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































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. |
| 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. |

Bayswater Waves Group Fitness Timetable Effective 1 May 2024

*Class to take place in the Circuit Room

| TIME | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------|---|---|--|---|---|---|---|
| 6:00am |  | Triple 15 | <i>LES MILLS</i> RPM | <i>LES MILLS</i> BODYPUMP | <i>LES MILLS</i> RPM  | | |
| 7:00am | | |  | | | | |
| 8:00am |  | |  |  |  |  | |
| 8:30am |  |  | |  |  | | <i>LES MILLS</i> RPM <i>LES MILLS</i> BODYATTACK |
| 9:00am |  | | | | Step/ABT | <i>LES MILLS</i> BODYCOMBAT Trampoline* | |
| 9:30am | <i>LES MILLS</i> BODYPUMP |  | <i>LES MILLS</i> BODYPUMP |  | | | <i>LES MILLS</i> BODYPUMP |
| 10:00am | | | | | <i>LES MILLS</i> BODYBALANCE | <i>LES MILLS</i> BODYJAM | |
| 10:30am |  | Stretch | <i>LES MILLS</i> BODYCOMBAT | MINDFUL MOVEMENT  | | | <i>LES MILLS</i> BODYCOMBAT |
| 11:00am | | Special Needs* | | | Stretch |  | |
| 5:00pm |  | | |  | | | |
| 5:30pm | <i>LES MILLS</i> BODYPUMP |  | <i>LES MILLS</i> BODYPUMP | |  | | |
| 6:00pm | <i>LES MILLS</i> RPM  | | <i>LES MILLS</i> RPM  | | | | |
| 6:30pm | <i>LES MILLS</i> BODYCOMBAT | <i>LES MILLS</i> BODYJAM  | <i>LES MILLS</i> BODYCOMBAT |  |  | | |
| 7:30pm | <i>LES MILLS</i> BODYBALANCE |  | | | | | |