

GROUP FITNESS TIMETABLE

2024 PROGRAM

Effective from 18 November 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	A fun, shallow water full body workout combining cardio with equipment. Suitable for all ages and fitness levels.
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.

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	 SPIN	Triple 15 LES MILLS RPM	 HIIT	LES MILLS BODY PUMP	LES MILLS RPM HIIT	*Class to take place in the Circuit Room	
7:00am			 AQUANAUTS				
8:00am	 SILVER SNEAKERS	 AQUA	 AQUANAUTS	 SILVER SNEAKERS	 PILATES		
8:15am						 SPIN LES MILLS BODY PUMP Trampoline*	
8:30am	 AQUA			 AQUA	 AQUANAUTS		 LES MILLS RPM BODY ATTACK
9:00am				 SPIN/ABT	Step/ABT		
9:15am						LES MILLS BODYCOMBAT	
9:30am	LES MILLS BODY PUMP	 HIIT	LES MILLS BODY PUMP	 step		Trampoline Basics*	LES MILLS BODY PUMP
10:00am					LES MILLS BODYBALANCE		
10:15am						LES MILLS BODYJAM	
10:30am	 PILATES	Stretch	LES MILLS BODYCOMBAT	MINDFUL MOVEMENT 			LES MILLS BODYCOMBAT
11:00am		Special Needs*				Stretch	
11:15am						 YOGA	
5:00pm	metafit. HIIT TRAINING						
5:30pm	LES MILLS BODY PUMP	 HIIT	LES MILLS BODY PUMP	 step  YOGA (90 MINS)*	 HIIT		
6:00pm	LES MILLS RPM  AQUA		LES MILLS RPM  AQUA				
6:30pm	LES MILLS BODYCOMBAT	LES MILLS BODYJAM  YOGA*	LES MILLS BODYCOMBAT		 AQUA		
7:30pm	LES MILLS BODYBALANCE	 ZUMBA fitness					