

GROUP FITNESS TIMETABLE

STOP making resolutions
& just **START** something!

MAIN STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am		LES MILLS BODYPUMP	Cardio Boxing	LES MILLS BODYPUMP			
6:15 am	FX30				FX30	Tabata 2.0	
7:00 am						Cardio Boxing	
8:00 am		Silver Sneakers	Silver Sneakers			LES MILLS BODYATTACK	
8:30 am	Abs & Stretch						Intermediate Pilates
9:00 am						LES MILLS BODYPUMP	
9:30 am	ZUMBA step fitness	LES MILLS BODYPUMP	Cardio Boxing	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		Pilates
10:00 am						LES MILLS BODYCOMBAT	
10:30 am	LES MILLS BODYBALANCE	Pilates	Tabata	LES MILLS BODYPUMP	Pilates		LES MILLS BODYPUMP
10:45 am							
11:00 am						LES MILLS BODYBALANCE	
11:30 am	ZUMBA fitness	FX30	LES MILLS BODYBALANCE				
12:30 pm	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYBALANCE			
2:00 pm						Tai Chi	
3:00 pm						ZUMBA fitness	
4:00 pm						Yoga	LES MILLS BODYCOMBAT
4:30 pm	Tabata	LES MILLS BODYPUMP	Yoga	Tabata			
5:00 pm							Yoga
5:30 pm	LES MILLS BODYPUMP	Step & Burn	ZUMBA fitness	LES MILLS BODYPUMP	LES MILLS BODYPUMP		
6:30 pm	LES MILLS BODYCOMBAT	Pilates	LES MILLS BODYPUMP	Cardio Boxing	LES MILLS BODYCOMBAT		
7:30 pm	Cardio Boxing	ZUMBA fitness	LES MILLS BODYCOMBAT	ZUMBA fitness	ZUMBA fitness		
8:30 pm	FX30						

POOL							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		
9:00 am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics		
7:00 pm	Aqua Aerobics		Aqua Aerobics				

SPIN & FUNCTIONAL TRAINING							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am					LES MILLS RPM		
6:15 am				FX30			
9:00 am						Cycle	
9:30 am	GAMEON*						
6:30 pm	LES MILLS RPM	LES MILLS RPM		LES MILLS RPM			
8:00 pm			FX30				

* Class held in the stadium

MIND AND BODY STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am				Basic Reformer			
9:30 am					Silver Sneakers		Basic Reformer
10:00 am		Basic Reformer					
10:45 am				Basic Reformer			
12:00 pm				Basic Reformer			
5:30 pm	Yoga	Yoga		Basic Reformer	Yoga		
6:30 pm	LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYBALANCE				
7:30 pm				Yoga			

UPCOMING PUBLIC HOLIDAYS		
Anzac Day Mon 25 th April	8am - 6pm	No Classes
Queen's Birthday Mon 11 th June	8am - 6pm	9.30am Aqua 9.30am Pump 10:30am Balance 4pm Combat

CLASS DESCRIPTIONS

Aqua Aerobics	Great interval workout for anyone, using minimum impact moves to develop strength & fitness. Burn an unbelievable amount of calories and most of all enjoy yourself and have fun
Abs & Stretch	A class designed to tone your abs and improve your core strength, it includes various abdominal exercises and is followed by 30 minutes of stretching to ensure you are feeling flexible and energised.
Basic Reformer	Basic Reformer Pilates is a 30min class designed to give you a foundation in the principles of Reformer Pilates while helping you build a strong core as well as long lean muscle. Capacity 14 per class.
 LES MILLS BODYBALANCE	Pre-choreographed Les Mills class combining elements of yoga, pilates, stretching, tai chi & meditation. This class helps to lengthen muscle, release tension & leave you with an overall sense of balance & calm.
 LES MILLS BODYCOMBAT	Pre-choreographed Les Mills class combining elements of boxing, karate, kung fu, capoeira & other martial arts. This non-contact workout to exhilarating music helps to improve your cardiovascular fitness, burns loads of calories & is suitable for all fitness levels.
 LES MILLS BODYPUMP	Pre-choreographed Les Mills class performed to fun music, using barbells & adjustable weight plates to deliver the fastest way to tone & condition your muscles. Definitely suitable for all ages & fitness levels.
 LES MILLS BODYATTACK	BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. The class combine athletic movements like running, lunging and jumping with strength exercises.
Cardio Boxing	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
FX30	30 minutes of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes
Pilates	Tone your body by combining movement & breathing to develop core stability & strength. This class also helps to improve your flexibility & overall energy levels.
 LES MILLS RPM	RPM™ is an indoor cycling class, set to the rhythm of motivating music. Burn up to 620 calories* a workout and get fit fast
Silver Sneakers	Challenging overall fitness class specifically designed for seniors or de-conditioned participants.
Tabata & Tabata 2.0	Tabata consists of short, intense periods of aerobic exercise & less intense recovery periods. Scientifically proven to burn fat faster and dramatically increase fitness levels. Tabata 2.0 is an intense 45min format.
Tai Chi	Martial Arts class combining slow controlled movements in order to bring body, mind & soul into balance.
Yoga	Combination of gentle movements/poses that will help to develop flexibility, range of movement & create balance between your body & mind. Suitable to the elderly participant.
 ZUMBA fitness	ZUMBA is a fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system! The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat.
 ZUMBA Step fitness	Take lower body workouts & calorie burning to new heights with Zumba Step. Tone and strengthen glutes and legs with amazing Zumba routines and step aerobics!
GAMEON	A fun mix of social sports (soccer, touch footy, basketball, badminton, etc) mixed with strength conditioning and agility training. Held in the stadium.

OPENING HOURS

MON - THU	5.30am - 11.00pm
FRIDAY	5.30am - 9.00pm
SAT - SUN	6.00am - 8.00pm
PUBLIC HOLIDAYS	8.00am - 6.00pm



HURSTVILLE AQUATIC LEISURE CENTRE

APR - JUN '18

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☎ 9585 9600

www.hurstvilleaquatic.com.au