

# GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM		<b>LES MILLS BODYPUMP</b>	CARDIO BOXING	<b>LES MILLS BODYPUMP</b>			
6.15 AM	<b>FX30</b>				<b>FX30</b>	TABATA 2.0	
7.00 AM						CARDIO BOXING	
8.00 AM		SILVER SNEAKERS	SILVER SNEAKERS			<b>LES MILLS BODYATTACK</b>	
8.30 AM	ABS & STRETCH			ABS & STRETCH			INTERMED. PILATES
9.00 AM						<b>LES MILLS BODYPUMP</b>	
9.30 AM	 <b>ZUMBA</b>	<b>LES MILLS BODYPUMP</b>	CARDIO BOXING	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>		PILATES
10.00 AM						<b>LES MILLS BODYCOMBAT</b>	
10.30 AM	<b>LES MILLS BODYBALANCE</b>	PILATES	TABATA	<b>LES MILLS BODYPUMP</b>	PILATES		<b>LES MILLS BODYPUMP</b>
11.00 AM						<b>LES MILLS BODYBALANCE</b>	
11.30 AM	 <b>ZUMBA</b>		<b>LES MILLS BODYBALANCE</b>				
12.30 PM	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>			
2.00 PM						TAI CHI	
3.00 PM						 <b>ZUMBA</b>	
4.00 PM						YOGA	<b>LES MILLS BODYCOMBAT</b>
4.30 PM	TABATA	<b>LES MILLS BODYPUMP</b>	YOGA	TABATA			
5.00 PM							YOGA
5.30 PM	<b>LES MILLS BODYPUMP</b>	STEP & BURN	 <b>ZUMBA</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>		
6.30 PM	<b>LES MILLS BODYCOMBAT</b>	PILATES	<b>LES MILLS BODYPUMP</b>	CARDIO BOXING	<b>LES MILLS BODYCOMBAT</b>		
7.30 PM	CARDIO BOXING	 <b>ZUMBA</b>	<b>LES MILLS BODYCOMBAT</b>	 <b>ZUMBA</b>	 <b>ZUMBA</b>		
8.30 PM	<b>FX30</b>		<b>FX30</b>				

SPIN & FUNCTIONAL TRAINING							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM					<b>LES MILLS RPM</b>		
9.00 AM						CYCLE	
9.30 AM	<b>GAMEON</b>	<b>FX30</b>					
10.30 AM				<b>FX30</b>			
11.00 AM						<b>FX30</b>	
6.30 PM	<b>LES MILLS RPM</b>	CYCLE		<b>LES MILLS RPM</b>			

MIND AND BODY STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 AM				BASIC REFORMER			
9.30 AM					SILVER SNEAKERS		BASIC REFORMER
10.00 AM		BASIC REFORMER					
11.30 AM				BASIC REFORMER			
6.00 PM	YOGA	YOGA		BASIC REFORMER	YOGA		
6.30 PM			<b>LES MILLS BODYBALANCE</b>				
7.00 PM		<b>LES MILLS BODYATTACK</b>					
7.30 PM				YOGA			

We also have 1-hour ongoing Reformer Pilates classes available. Please check [WWW.HURSTVILLEAQUATIC.COM.AU/REFORMER-PILATES/](http://WWW.HURSTVILLEAQUATIC.COM.AU/REFORMER-PILATES/) for more details.

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00 AM	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS		
9.00 AM	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS		
7.00 PM	AQUA AEROBICS						

UPCOMING PUBLIC HOLIDAYS				
DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
AUSTRALIA DAY	MONDAY 27 <sup>TH</sup> JANUARY	8AM-6PM	9:30AM 10:30AM 12:30PM 4:30PM	AQUA AEROBICS BODY BALANCE BODY PUMP BODY COMBAT

View timetable online [WWW.HURSTVILLEAQUATIC.COM.AU](http://WWW.HURSTVILLEAQUATIC.COM.AU)

# CLASS DESCRIPTIONS

<b>AQUA AEROBICS</b>	Great interval workout for anyone using minimum impact to develop strength and fitness. Burn an unbelievable amount of calories.
<b>ABS &amp; STRETCH</b>	A class designed to tone your abs and improve your core strength. Includes various abdominal exercises and followed by 30mins of stretching to ensure you are feeling flexible and energised.
<b>BASIC REFORMER</b>	Basic Reformer Pilates is a 30min class designed to give you a foundation in the principles of Reformer Pilates. Helps build a strong core as well as long lean muscle. Capacity 14 per class.
<b>CARDIO BOXING</b>	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
<b>CYCLE</b>	An indoor cycling class set to the rhythm of motivating music.
<b>FX30</b>	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
<b>GAME ON</b>	A fun mix of social sports (soccer, touch footy, basketball, badminton, etc) mixed with strength conditioning and agility training. Held in the Stadium.
<b>LES MILLS BODYATTACK</b>	A high-energy fitness class with moves that cater for total beginners to total addicts. Combines athletic movements like running, lunging and jumping with strength exercises.
<b>LES MILLS BODYBALANCE</b>	Pre-choreographed Les Mills class combining elements of yoga, pilates, stretching, tai chi and meditation. This class helps to lengthen muscle, release tension and leave you with an overall sense of balance and calm.
<b>LES MILLS BODYCOMBAT</b>	Pre-choreographed Les Mills class combining elements of boxing, karate, kung fu, capoeira and other martial arts. This non-contact workout to exhilarating music helps to improve your cardiovascular fitness, burns loads of calories and is suitable for all fitness levels.
<b>LES MILLS BODYPUMP</b>	Pre-choreographed Les Mills class performed to fun music uses barbells and adjustable weight plates to deliver the fastest way to tone and condition your muscles. Suitable for all ages and fitness levels.
<b>LES MILLS RPM</b>	An indoor cycling class with great music pumping. It's fun, low impact and burns loads of calories.
<b>PILATES</b>	Tone your body by combining movement and breathing to develop core stability and strength. This class also helps to improve your flexibility and overall energy levels.
<b>SILVER SNEAKERS</b>	Challenging overall fitness class specifically designed for seniors or de-conditioned participants.
<b>TABATA &amp; TABATA 2.0</b>	Consists of short, intense periods of aerobic exercise and less intense recovery periods. Scientifically proven to burn fat faster and dramatically increase fitness levels. Tabata 2.0 is an intense 45min format.
<b>TAI CHI</b>	Martial Arts class combining slow controlled movements in order to bring body, mind and soul into balance.
<b>ZUMBA fitness</b>	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.
<b>ZUMBA step</b>	Take lower body workouts and calorie burning to new heights. Tone and strengthen glutes and legs with amazing routines and step aerobics!
<b>YOGA</b>	Combination of gentle movements/poses that will help develop flexibility, range of movement & create balance between your body and mind. Suitable for the elderly participant.
<b>CITY2SURF</b>	The Sun-Herald City2Surf will be held on Sunday August 11, 2019 and we want to encourage members who love running or just want to build their cardio fitness to join us! There is a team set up on the City 2 Surf website ( <a href="http://city2surf.com.au/">city2surf.com.au/</a> ) called BlueFit in the team registrations list for participants to join. We will be hosting a run club at our site starting the 1st July, however the run club will stop after the City 2 Surf on 10th August. (45 minutes class)

# GROUP FITNESS TIMETABLE

JAN - MAR 2020

## 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