

# GROUP EXERCISE

For safety reasons, you will not be able to enter class 5 minutes after start time. Let the instructor know if you are injured or have any medical conditions that we need to be aware of.

**JAN-MAR 2021**

## TOP TIPS

Bring a towel and stay hydrated.

Please turn off your phone.

Equipment is sanitised after each class. Most classes are 45 minutes. \*\*Class is 35 minutes. \*Class is 25 minutes.

## CYCLE: STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Virtual Cycle	Cycle Beats	Virtual Cycle	Cycle Beats			
7am	Virtual Cycle				Virtual Cycle		
8am			Virtual Cycle			Cycle Beats	
9am		Virtual Cycle		Virtual Cycle		My Ride Live	Cycle Beats
9.30am			Virtual Cycle				
10am	Smooth Cycle*				Virtual Cycle	Virtual Cycle	Virtual Cycle
12.30pm	Cycle Beats*	Virtual Cycle*	Smooth Cycle*	HIIT Cycle*	My Ride Live*		
2.30pm					Virtual Cycle		
5.30pm	Power Cycle	My Ride Live	Cycle Beats	Cycle Beats	Virtual Cycle		Virtual Cycle
6.30pm	Virtual Cycle		Virtual Cycle	Virtual Cycle			

## AEROBICS: STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Loaded		Vinyasa Yoga		Loaded		
6.30am		Yoga		Pilates**			
7.30am	Flexibility	Flexibility	Flexibility	Loaded	Flexibility		
8am							Hatha Yoga
8.30am		Yoga			Flexibility	Loaded	
9am							Hatha Yoga
9.30am	Zumba Toning	HiLo Combo	Zumba Lite	Loaded	Body Dynamics	Activ	
10am							Body Balance
10.30am	Tone & Flex	Flexibility	Flexibility	Flexibility	Aero Mix	Mania	
11.30am	Flexibility	Tone & Flex	Meditation	Flexibility	Tone & Flex	Loaded	
12.30pm	Loaded**	Body Balance**	Zumba**	Body Balance**	Loaded**		
4.30pm	Pilates**		Body Balance**	Yoga	Vinyasa Yoga		Loaded
5.30pm	Loaded	Yoga	Loaded	Zumba	Tai Chi		Body Dynamics
6.30pm	Body Balance	Zumba	Absolution*	Absolution*			
7pm			Mania	Rockbottom*			

## CIRCUIT: STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	Circuit		Circuit		Circuit	
8.30am		Active Living		Active Living		
9am	CrossBody		CrossBody		CrossBody	HIIT8**
10am	Active Living					
11am	Active Living		Active Living		Active Living	
12.30pm	Circuit**	Bodyweight**	Circuit**	Bodyweight**	Circuit**	
5.30pm	Bodyweight**	HIIT8**	Bodyweight**	HIIT8**		

## CYCLE: STUDIO 1

**CYCLE BEATS** Ride the rhythm through a musically driven workout that will inspire the rockstar in you!

**HIIT CYCLE** Come and join us for a sneaky 30 minute HIIT (high intensity interval training) cycle class. A great lunchtime workout!

**MY RIDE LIVE** Music, coaching and visual terrain on the big screen combine for an outdoor riding experience indoors.

**POWER CYCLE** An individual workout in a group environment, setting your unique Functional Threshold Power (FTP) allows our coaches to guide everyone through the same workout while accounting for all fitness levels.

**SMOOTH CYCLE** A shorter class for beginners or those wanting a gentler workout. We want everyone to feel comfortable on the bike.

**VIRTUAL CYCLE** Virtual coaching technology via the big screen gives you more options to train at your leisure.

## AEROBICS: STUDIO 2

**ABSOLUTION** Want firm flat abs and a strong lower back? Here's your solution.

**ACTIV** A low impact aerobics class combining basic and athletic rhythmic movements to exercise large muscle groups. Improve your cardiovascular fitness and flexibility while having fun.

**AEROMIX** Cardio fitness, everyday strength, coordination and mobility combine in a fun aerobic styled class that will keep you fit and healthy for daily living.

**BODY BALANCE** Inspired by yoga, Tai Chi and pilates. Great for flexibility, toning, core strength and muscular endurance. Improves joint flexibility and range of motion.

**BODY DYNAMICS** A blend of yoga, pilates, stretching and body awareness. Great for core strength, flexibility, balance and muscular endurance.

**FLEXIBILITY** Using simple and dynamic stretches, you will increase your range of motion and release tension.

**HATHA YOGA** Align and calm your mind, body and spirit in this gentle nurturing class.

**HILO COMBO** A fusion of floor, step, swissball and weighted exercises. Go at your own pace to develop your cardio fitness and functional strength.

**LOADED** Lifting barbells and dumbbells to awesome beats, you will find your firm, toned body in no time!

**MANIA** Be ready for anything and everything! Tabata intervals, bodyweight, equipment and more will burn calories and raise your metabolism for hours. A different plan each month will challenge and excite you to find your inner athlete.

**MEDITATION** Find stillness in your body and mind to enhance your focus and sense of clarity and purpose.

**PILATES** Postural alignment, core strength and muscle balance, focussing on relaxing tense muscles as well as strengthening them.

**ROCKBOTTOM** 30 minutes of glute focussed exercises and movements to develop functional power and glutes that salute!

**TAI CHI** Find increased balance, mobility and physical and mental wellbeing through the flow of martial arts movements.

**TONE & FLEX** Focusing on functional mobility and postural strength, this class integrates Pilates styled exercises with simple stretches for you to maintain ease of movement in your day.

**VINYASA YOGA** Focus inward, synchronise breath and movement – options ensure everyone can fully participate.

**YOGA** Experience the different styles of Yoga, with our instructors varying the type of yoga experienced each week. A great way to experience all Yoga has to offer.

**ZUMBA** A Latin inspired dance fitness class that is friendly and fun!

**ZUMBA LITE** Designed to be a little gentler for you, but it will still make you sweat!

**ZUMBA TONING** Sculpt and tone your body while you are caught up in the high energy Zumba cardio fun!

## CIRCUIT: STUDIO 3

**ACTIVE LIVING** Move it or lose it as they say! And if you've already lost it, come and regain it again. A circuit with cardio and coordination stations. Functional exercises to help with strength and mobility. Medical clearance required.

**BODYWEIGHT** Use your body to improve your body. A mix of bodyweight exercises to improve strength and endurance. You are guaranteed to burn calories in a fun and supportive environment.

**CIRCUIT** Mixing up strength and cardio focussed stations, using machines, free weights and other fitness tools, you will get a wholebody workout that you can modify as needed.

**CROSS BODY** Combining different elements of fitness for maximum benefit for you. Mon and Wed start with 25 minutes of Swiss Ball in Studio 2, and Fridays kick off with 25 minutes of Smooth Cycle in Studio 1. Then head into Studio 3 to use traditional and non-traditional gym and exercise equipment to complete your total body workout.

**HIIT8** A High Intensity Interval Training full body workout to increase fitness, strength and endurance. Each session uniquely mixes a range of equipment and conditioning exercises for extreme fun and results.

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