



GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	The Bay Circuit (60mins) Michael	The Bay HIIT (30min) Belinda Boxing Express (30mins) Rob	Sweat Express (30mins) Sami	Yoga (60mins) Beatriz Boxing Express (30mins) Rob	Tabata (45mins) Michael		
6:05am		Sculpt (30mins) Belinda Abb Boxer (30mins) Rob	The Bay HIIT (30mins) Sami	Abb Boxer (30mins) Rob			
6:30am	AQUA (50mins) Julie		Aqua (50mins) Paula	Aqua (50mins) Lucy	Pilates (60mins) Jacinta K	Bootcamp (60mins) Michael Pilates-Barre(60mins) Jacinta K Aqua (50mins) Paula	
6:35am			Pilates (45mins) Sami				
7:00am		Aqua (50mins) Chris					
7:30am	Active Adults (50mins) Jacinta F		Active Adults (50mins) Jacinta F		AQUA (50mins) Paula		
8:00am						The Bay Circuit (60mins) Michael	Yoga (60mins) Claire
8:30am	The Bay Circuit(60mins) Megan	Zumba (60mins) Chris	Functional (45mins) Sasha		Sweat (45mins) Frankie		
9:05am						Pilates (Mat) (60mins) Jacinta K	Yoga (60mins) Claire
9:30am	Sculpt (60mins) Rob	Pilates (60mins) Suzie	Qigong (60mins) Suzie	The Bay Circuit(60mins) John	Boxing (60mins) Michael		
10:30am				Yoga (60mins) Kerrie			
5:00pm	Functional (45mins) Rob	ABT (45min) Frankie	Pilates (60mins) Jacinta K				
6:00pm	Sweat Express (45mins) Rob	HIIT Express (30mins) Frankie	The Bay Circuit(60mins) Julie	Sweat Express (45mins) Rob			
6:15pm	AQUA (50mins) Julie	AQUA (50mins) Paula	AQUA (50mins) Kirsten	AQUA (50mins) Chris			
6:30pm		Pilates-Mat(60mins) Jacinta K			Yoga (60mins) Claire		
7:00pm	Yoga (60mins) Beatriz		Boxing (60mins) Julie	Power Yoga (60mins) Claire			
7:30pm		Pilates-Barre (60mins) Jacinta K					

Revised 18/09/2019

GROUP FITNESS DESCRIPTIONS



ABT

Abs, Butts and Thighs, is designed to strengthen and sculpt the abs and lower body with the use of bands, body weight exercises and free weights, targeting those problem areas.



Active Adults

A class for our mature and motivated gym members. Active Adults combines resistance and cardiovascular training based around low impact movements to help improve bone density, balance and core control.



Aqua Aerobics

A popular, fun, low impact exercise class set to music, which makes aqua a good choice for those new to exercise, those wanting to move more easily, get fit, and tone up. Aqua consists of a range of upper and lower body muscle strengthening exercises. With the added benefits of water buoyancy. Aqua also increases cardiovascular endurance, range of motion and flexibility. *It only takes a few Aqua Aerobics sessions to see a big difference in your overall fitness.*



Bootcamp

Take your fitness levels to the top and get involved in one of our commando style bootcamps. Our trainers involve a variety of exercises that push you to your limits mentally and physically. Bootcamp burns calories, breaks down fat, builds endurance, and tones you fast. This class is not for the faint hearted, however all fitness levels are welcome to participate and can choose different options of intensity throughout the class.



Boxing

A medium/high intensity session using basic boxing techniques such as hooks, jabs, combos and kicks. Bring a friend or make new friendships at this dynamic 60 min class run in an indoor/outdoor environment (weather dependent). A great class to develop cardio fitness, core strength, co-ordination and most importantly a heap of fun! Boxout- Based on Tabata style training. Abb Boxer: Traditional boxing including rounds of Abb work throughout.



Circuit

The Bay Circuit class is a full body workout using resistance and cardio based training techniques, designed around stations. In this class you will certainly burn calories, strengthen and tone muscles.



Functional Fitness

A sports specific, medium – high impact class delivering strong focuses on mobility, intensity, power and speed. Functional fitness involves a variety of specialty training using equipment like TRX, battle ropes, kettlebells, slam balls, and more.



Pilates Mat & Barre

Our Pilates classes focus on strengthening, lengthening and sculpting your body whilst improving flexibility and mobility. The Pilates principles of centring, control, precision, breath, flow and alignment will be experienced. Pilates practice is a whole body, low impact workout. Mat practice utilises slow controlled movements on a mat. Barre practice adds a cardio element at a ballet barre.



Qi Gong

Encompasses a vast range of self-healing practices, which deeply integrate the body, mind and spirit. The class includes a combination of stretching and flowing movements together with breath & body awareness. It's both energising & relaxing.



Sweat Express

This indoor/outdoor class is sure to get all systems fired up to SWEAT. Through targeted bodyweight and added resistance exercises, you'll challenge both your anaerobic and aerobic energy systems, building up a sweat while burning endless calories.



Sculpt

A weights-based circuit class that is great for sculpting and conditioning muscles. This class is purely resistance-based toning class. Transform the body you have for the one you want.



Tabata

20seconds on 10seconds off. Tabata is a high intensity interval exercise class at its best that will dramatically improve cardiovascular fitness and burn those extra calories.



The Bay HIIT

Is an express 30-minute interval class designed to spike the heart rate using a variety of fun resistance and cardio based exercises in a circuit style environment. This class will assist in strengthening, toning and increasing cardiovascular function.



Yoga

Our teachers will guide you through a variety of yoga practice, ranging from restorative and yin-based movement to hatha, ashtanga and power flow classes. Through breath work, asanas and guided meditation you'll experience and appreciate a mind-body connection sure to improve your health mentally and physically. Yoga is suitable for all fitness levels, and is known to improve stability, strength, mobility and flexibility.



Zumba

Zumba is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. You could burn between 600 to 1000 calories PER class, while having fun in this dance party!