



GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	The Bay Burn (45mins) Michelle	Sculpt (45min) Belinda Boxing (45mins) Rob	Sweat (45mins) Mark	Yoga (60mins) Gloria Boxing (50mins) Rob	The Bay HIIT (45mins) Michelle		
6:10am		Sculpt (30min) Belinda Boxing (45mins) Rob	Sweat Express (30mins) Mark			Bootcamp (50mins) Rob	
6:30am	AQUA (50mins) Paula Pilates (50mins) Jacinta. K		AQUA (50mins) Paula	AQUA (50mins) Paula	Pilates (60mins) Jacinta K	Pilates-Barre (60mins) Jacinta K AQUA (50mins) Paula	
7:00am		AQUA (50mins) Paula					
7:30am	Active Adults (50mins) Jacinta F	Active Adults (50mins) Jacinta F	Active Adults (50mins) Jacinta F		AQUA (50mins) Paula		
8:00am						Sculpt (45mins) Rob	Yoga (50mins) Krissy
8:30am							
8:40am			Kettlebells (45mins) Christy	The Bay Burn (45mins) Damon	Sweat (45mins) Frankie		
9:05am	Sculpt (45mins) Rob	Pilates (60mins) Gunn				Pilates (60mins) Jacinta K	Yoga (50mins) Krissy
9:30am							
9:35am			Sculpt (45mins) Belinda	Pilates-Barre (60mins) Gunn			
10:00am							Yoga (50mins) Krissy
10:30am	Pilates-Barre Gunn						
4:00pm							
5:00pm	Bootcamp Rob	ABT (45min) Frankie	Pilates (50mins) Jacinta K	Kettlebells (45mins) Christy	The Bay Burn (45mins) Damon		
6:00pm	Functional (45mins) Rob	HIIT Express (30mins) Frankie	Sculpt (50mins) Rob	Power Yoga (60mins) Krissy			
6:15pm	AQUA (45mins) Julie	AQUA (45mins) Paula	AQUA (45mins) Kirsten		AQUA (45mins) Paula		
6:30pm					Yoga (60mins) Gloria		
6:45pm							
7:00pm	Yoga (60mins) Krissy	Pilates (60mins) Jacinta K	Boxing (45mins) Rob	Yoga (60mins) Krissy			
7:30pm							Revised 02/11/2020

GROUP FITNESS DESCRIPTIONS

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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.
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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.
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Advanced Boxing
 Advanced boxing is for those that really want to dig deep and learn the art of Combat and Body Tough Conditioning. Combining over 30 years of experience in the fighting arts, this class takes the best of Boxing, Martial Arts, and Ground Fighting, and is rolled into one. Participation in our morning Boxing Classes would be an advantage, but this class is open to anyone to come and try.
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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.
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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.
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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.
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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.
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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.
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Kettlebells
 Kettlebells is a fantastic all over body workout that burns high levels of calories. Kettlebell workouts will improve your strength, endurance, cardio, stability, balance and core strength. It's an all in one work out that will never get Boring!
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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 utilities slow controlled movements on a mat. Barre practice adds a cardio element at a ballet barre.
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Shadow Boxing
 Hone into your inner fighter in our Shadow Boxing Session. All classes involve skipping, stretching, shadow boxing technique, some pad, bag work, along with strength and conditioning exercises,
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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.
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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.
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The Bay Burn
 Feel The Bay Burn to your whole body, while using bands and weights to condition and create lean muscle mass. It is a slow, controlled, and simplified resistance-based class that keeps your muscles burning more for hours even after!
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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.
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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.

