



# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	The Bay HIIT (45mins) Campbell	Sculpt (45mins) Belinda Boxing (45mins) Rob	Sweat (45mins) Mel	Yoga (50mins) Gloria Boxing (45mins) Rob	The Bay HIIT (45mins) Maddi		
6:10am		Sculpt Exp (30mins) Belinda Boxing Exp (30mins) Rob	Sweat Express (30mins) Mel	Boxing Exp (30mins) Rob		Bootcamp (50mins) Rob Pilates Barre (50mins)	
6:30am	AQUA (45mins) Paula Pilates (50mins) Jacinta. K	Aqua AI CHI (45mins) Paula	AQUA (45mins) Paula	AQUA (45mins) Paula	AQUA (45mins) Paula Pilates (60mins) Narelle	AQUA (45mins) Paula	
7:00am						Pilates (50mins)	
7:30am	Active Adults (50mins) Jacinta F	Active Adults (50mins) Jacinta F Deep water Aqua (45mins) Paula	Active Adults (50mins) Jacinta F		AQUA AI CHI (50mins) Paula	Deep water Aqua (45min) Paula	
8:00am						Sculpt (45mins) Rob	Yoga (50mins) Krissy
8:40am			TABATA (45mins) Rob	Sweat (45mins) Kyleigh	The Bay Burn (45mins) Kyleigh		
9:05am	Sculpt (45mins) Rob	Pilates (60mins) Gunn					Yoga (50mins) Krissy
9:30am					Yoga (60mins) Krissy		
9:35am			Sculpt (45mins) Belinda	Pilates (60mins) Gunn			
10:00am	Yoga (50mins) Gunn						Yoga (50mins) Krissy
3:00pm				Active Adults (50mins) Jacinta F			
5:00pm	Functional (45mins) Rob	ABT (45min) Maddi	Pilates (50mins) Jacinta K	TABATA (45mins) Maurece	Clubercise (45mins) Bri		
6:00pm	Tabata (45mins) Rob	HIIT Express (30mins) Maddi	Sculpt (50mins) Rob	Yoga (60mins) Krissy			
6:15pm	AQUA (45mins) Paula	AQUA (45mins) Paula	AQUA (45mins) Paula		AQUA (45mins) Paula		
6:30pm					Yoga (60mins) Gloria		
7:00pm	Yoga (60mins) Krissy	Pilates (60mins) Narelle	Boxing (45mins) Rob	Yoga (60mins) Krissy			
							Revised 28/09/2022

## 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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**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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**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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**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.
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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.

