

Group Fitness Timetable

Commencing Monday 1 July 2024



GROUP FITNESS STUDIO		MON	TUE	WED	THU	FRI	SAT	SUN
	6.00am	V Body Pump	V Body Combat	V Body Balance	V Grit [★] (strength)	V Body Attack [★]		
	7.00am	V Body Attack [★]	V Body Pump	V Core	V Body Combat	V Body Balance (B) [★]		
	8.00am	Strong Movers	V Body Balance	Strong Movers	V Body Attack [★]	Strong Movers		
	8.15am						Body Pump [★]	V Body Balance (B) [★]
	9.30am	Pilates	HIIT Circuit	Strength	Stretch & Release	Pilates	Body Attack [★]	V Body Pump
	10.45am		V Body Balance (B) [★]	V Body Combat (B) [★]	V Body Pump (B) [★]	Tai Chi		
	11.00am	Mums & Bubs*					V Body Balance [★] (express yoga)	V Core
	12.30pm	V Body Balance	V Body Combat	V Core	V Grit [★] (cardio)	V Body Pump	V Body Combat	V Dance [★]
	4.30pm	V Body Pump [★] (lower body)	V Core (B) [★]	V Body Pump [★] (upper body)	V Body Pump	V Body Balance [★] (strength)	V Body Attack [★]	V Grit [★] (strength)
	5.00pm	V Body Balance [★] (express yoga)	V Body Pump [★] (upper body)	V Body Balance (B) [★]	V Core	V Grit [★] (cardio)	V Core	V Body Attack [★]
	5.30pm	V Body Attack [★]	V Body Combat (B) [★]	V Body Attack [★]	V Dance [★]	V Body Balance [★] (express flexibility)	V Dance [★]	V Body Balance [★] (express flexibility)
	6.00pm	V Core AB Blast [★]	V Body Balance [★] (strength)	V Core AB Blast [★]	V Grit [★] (strength)	V Body Pump (B) [★]	V Grit [★] (athletic)	V Body Combat
	6.30pm	V Body Pump	Boxing [★]	Yoga [★]	V Body Attack [★]	V Core	V = Virtual B = Beginner ★ = NEW!	
	7.30pm	V Body Combat	V Grit (B) [★]	Pilates	V Body Balance			

CYCLE STUDIO		MON	TUE	WED	THU	FRI	SAT	SUN
	6.00am	V Sprint	V The Trip [★]	V RPM Beginner [★]	V RPM	V Sprint		
	7.00am	V RPM	V RPM	V RPM	V The Trip [★]	V RPM		
	8.15am	V RPM Beginner [★]	V Sprint	V Sprint	V RPM	V RPM Tutorial [★]	V RPM	V The Trip [★]
	9.30am	RPM	V The Trip [★]	V RPM	V Sprint	V RPM	V RPM Beginner [★]	V RPM
	10.45am	V Sprint	V RPM	V RPM Beginner [★]	V RPM	V The Trip [★]	V The Trip [★]	V RPM Beginner [★]
	11.30am	V The Trip [★]	V Sprint	V Sprint	V RPM Beginner [★]	V RPM	V Sprint	V Sprint
	12.30pm	V Sprint	V RPM	V RPM	V The Trip [★]	V RPM	V RPM	V The Trip [★]
	4.30pm	V The Trip [★]	V The Trip [★]	V RPM	V Sprint	V RPM Beginner [★]	V The Trip [★]	V RPM
	5.30pm	V RPM Tutorial [★]	V RPM Beginner [★]	V The Trip [★]	V RPM	V Sprint	V RPM	V The Trip [★]
	6.30pm	RPM [★]	V RPM	V Sprint	V The Trip [★]	V RPM Tutorial [★]	V = Virtual B = Beginner ★ = NEW!	
	7.30pm	V Sprint	V The Trip [★]	V RPM	V Sprint	V RPM		

GYM SPACE		MON	TUE	WED	THU	FRI	SAT	SUN
	6.00am	Relentless			Relentless			
	9.30am							Relentless
6.00pm	Relentless		Relentless		Relentless			

AQUA		MON	TUE	WED	THU	FRI	SAT	SUN
	8.15am	AQUA Movers	AQUA Movers	AQUA Movers	AQUA Movers	AQUA Movers	AQUA Workout	
	9.15am	AQUA Movers		AQUA Movers		AQUA Movers		
	12.30pm		Gentle AQUA					
	12.45pm			Gentle AQUA	Gentle AQUA			
	1.30pm		Gentle AQUA					
7.30pm		AQUA Workout		AQUA Workout				

Group Fitness Class Descriptions

GROUP FITNESS STUDIO PROGRAMS

Boxing - 55mins

A high-intensity boxing class that incorporates punching and focus pad work to improve your fitness. Suitable for all fitness levels.

HIIT Circuit - 55mins

A workout combining both cardio and resistance training in a circuit format. Alternating high-intensity and low intensity exercises that will give you results fast!

Pilates - 55mins

A class to help develop core strength and coordination through traditional pilates movement patterns and the use of breath and correct alignment.

Strength - 55mins

A full-body strength training hour that makes your muscles and movement strong! Using a mixture of barbells, plates, dumbbells and body weight exercises.

Stretch & Release - 55mins

A combined class of stretching and myofascial release to improve posture, mobility, flexibility and overall body function with the use of deep breathing techniques.

Strong Movers - 55mins

Low-impact full body workout that will improve strength, flexibility, fitness and mobility. Recommended for 50 years and over and suitable for all fitness levels. ☒

Tai Chi - 55mins

A class that promotes balance and flexibility. Tai Chi can also help to improve circulation and is great for arthritis. ☒

Yoga - 55mins

This class provides all the classical hatha yoga postures including sun salutations, moving with breath while increasing flexibility and strength. ☒

LES MILLS PROGRAMS

Body Attack - 55, 45 or 30mins

A sports inspired cardio workout, allowing you to challenge your limits in a good way with high energetic aerobic moves, sports drills and strength work to get you fit fast. ☒

Body Balance - 60 or 45mins. Beginners 30mins express classes.☒

A blend of yoga, tai chi and pilates to build your flexibility and strength through controlled breathing, structured stretches and poses.

Body Combat - 60, 45, 30 mins. Beginners 30mins.☒☒

Inspired by martial arts, this is a high-energy non-contact cardio workout. Kick and punch your way to fitness.

Core AB Blast - 15 mins☒

A short class to target and strengthen the abdominal muscles, building stability and endurance to support your core.

Core - 45, 30mins. Beginners 30mins.

Strengthen your core with this dynamic training that uses resistance bands and weight plates.

Body Pump - 60, 45 or 30mins. Beginners 30mins.

A strength and conditioning class that uses barbells and weights to target all muscle groups.

Body Pump Upper Body - 20mins

A short class highly focused on improving upper body strength.

Body Pump Lower Body - 20mins☒

A short class highly focused on improving lower body strength.

Dance - 45 or 30mins

If you love to dance or want to improve your dance skills, this class is for you! A high energy workout that will challenge and move you. It combines innovative dance movements with the latest music to drive energy and motivation with every move. Catered for every fitness level. ☒

Grit (Cardio/Athletic/Strength/Beginners) - 30mins

High intensity interval training (HIIT) workout. This full body workout uses barbells, weight plates and body weight exercises to blast all major muscle groups, improving your strength, cardiovascular fitness and build lean muscle.

Les Mills RPM - 30 or 45mins

An indoor cycle workout that delivers maximum results with minimal impact. You will be led through hills, flats, mountain peaks, time trials and interval training.

Les Mills RPM Beginner - 21mins

Ease your way into RPM with this beginner class at a controlled paced, suited to your ability.

Les Mills Sprint - 30mins

Combines bursts of intensity, where you work with intervals of strength, speed and power.

Les Mills The Trip - 45mins

A multi-peak cycling workout with a journey through digitally-created worlds. *Lighting and visual effects may cause motion sickness if you are photo sensitive.☒

RELENTLESS - 45mins

Small group based training session designed to challenge your fitness level and test your limits while under the supervision of a qualified trainer. Sessions include HIIT, strength, resistance band and core exercises. Limited to 8 people per session. ☒

AQUA Movers - 45mins

A fun water-based class to improve mobility, flexibility, and strength. Suitable for all fitness levels.

AQUA Workout - 45mins

Water-based class with more energetic moves. Great workout without any stress on your joints.

Gentle AQUA - 45mins

Water-based class with modified low-impact exercises at an achievable pace. Suitable for beginners. Held in the program pool. ☒

MORE INFORMATION

Virtual Fitness

Virtual Fitness classes are conducted with a virtual instructor/s. Please arrive five minutes prior to the session, to allow time for any set up requirements. Please ask staff for assistance if needed.

Group Fitness Class Access

Participants **must** be 16 years of age or older to participate in Body Attack, Body Combat, Body Pump, Boxing, Core, Grit, HIIT Circuit, Strength and Relentless. Minimum age to participate in all other group fitness classes is 12 years of age.

For health and safety reasons if you arrive later than the class start time you will not be permitted to enter the class.

*Mums and Bubs Classes

Not included in membership and run only during school term.

Online Information

Book your favourite group fitness class before you arrive at the centre via our online booking system. Plan ahead and access all of Cardinia Life's aquatic and fitness classes. Check class availability and book online;

- up to 48hrs in advance for members or
- 24hrs in advance for casual patrons

Refer to our website for online portal set up. If online bookings isn't for you that's okay! You can still book at Cardinia Life reception.

Guide For Enjoying Your Group Fitness Class

- Pack your workout towel and drink bottle.
- Please wipe down your equipment after use.
- Please arrive 5 minutes prior to your session to allow time for any set up requirements.

Need To Get In Touch?

P: (03) 5945 2888 E: cardinia@alignedleisure.com.au.

W: www.cardinialeisure.com.au A: 4 Olympic Way, Pakenham 3810.