

# Group Fitness Timetable

Commencing Monday 6th October







GROUP FITNESS STUDIO		MON	TUE	WED	THU	FRI	SAT	SUN
	6.30am	V Body Pump	V Body Combat	V Body Balance	V Grit (strength)	V Body Balance		
	8.00am	Strong Movers	V Body Balance	Strong Movers	V Body Pump	Strong Movers		
	8.15am						V Body Balance	V Body Balance
	9.30am	Pilates	V Body Combat	Strength	Stretch & Release	Pilates	V Body Pump	V Body Pump
	10.45am	Mums & Bubs (11am)	V Body Balance	Tai Chi		Tai Chi	V Core	V Core
	12.15pm	V Body Balance	V Grit (Athletic)	V Core	V Body Pump	V Body Combat		
	5.00pm	V Body Attack		V Body Pump				
	5.30pm		V Core		V Grit (strength)	V Body Balance	V Dance	V Body Balance
	6.00pm	V Body Pump		Yoga				
	6.30pm		Body Step		V Dance	V Body Pump	V = Virtual To request a class outside of these times please see reception.	
	7.00pm	Body Balance		Pilates				
	7.30pm		V Grit (Athletic)		V Body Balance			


CYCLE STUDIO		MON	TUE	WED	THU	FRI	SAT	SUN
	7.00am		V RPM		V The Trip	V Sprint		
	8.15am	V Sprint						V Sprint
	8.00am		V Sprint		V RPM	V RPM		
	9.30am	RPM	V RPM				V RPM	V RPM
	10.45am	V Sprint	V The Trip				V Sprint	V RPM
	11.45am	V RPM	V Sprint	V RPM	V Sprint	V RPM	V The Trip	V Sprint
	4.30pm	V Sprint	V RPM	V The Trip			V Sprint	V RPM
	5.00pm				V The Trip	V Sprint	V RPM	V The Trip
	6.00pm				V RPM	V The Trip		
	7.00pm	V RPM	V RPM		V Sprint	V RPM		
	7.30pm			V Sprint				


GYM SPACE		MON	TUE	WED	THU	FRI	SAT	SUN
	6.00am	Relentless			Relentless			
	9.30am							
	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	AQUA Movers		
	12.30pm		Gentle AQUA					
	12.45pm			Gentle AQUA	Gentle AQUA	Gentle AQUA		
	1.30pm		Gentle AQUA					
	7.30pm		AQUA Workout		AQUA Workout			

# Group Fitness Class Descriptions

**GROUP FITNESS STUDIO PROGRAMS**  
**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 mins**  
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 - 55 mins**  
A blend of yoga, tai chi and pilates to build your flexibility and strength through controlled breathing, structured stretches and poses.  
**Body Combat - 55 mins**  
Inspired by martial arts, this is a high-energy non-contact cardio workout. Kick and punch your way to fitness.  
**Core - 45 mins**  
Strengthen your core with this dynamic training that uses resistance bands and weight plates.  
**Body Pump - 55 mins**  
A strength and conditioning class that uses barbells and weights to target all muscle groups.  
**Dance - 45 mins**  
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) - 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.  
**Body Step - 55mins**  
High energy step class combining lower body strength and cardio by using adjustable height step and free weights, all set to upbeat music for fun and results.

**Les Mills RPM - 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 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 - 11.00am**  
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?**  
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