

# CLASS DESCRIPTIONS

## **BodyAttack (55 mins)**

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training combining athletic movements to take your fitness to the next level.

## **BodyCombat (55 mins)**

This high-energy martial arts-inspired workout is totally non-contact and there are no complex moves to master. The instructor will challenge you to up the intensity and motivate you to make the most of every round.

## **BodyPump (55 mins)**

Use weights to strengthen, condition and tone the whole body. You will also increase bone density, support a healthy metabolism and walk out feeling fantastic.

## **BodyStep (55 mins)**

An energising step workout that makes you feel alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from the music.

## **Zumba\* (55 mins)**

Exotic rhythms set to high energy Latin and international beats. Enjoy the way your body moves and don't worry if you forget the steps- it's meant to be fun!

## **THT (55 mins)**

A workout focused on toning and firming your lower body while also strengthening your core.

## **Core (30 mins)**

Build strength, stability and endurance in the muscles that support your core, improve balance and assist injury prevention.

## **Active Adults**

Active Adults are low impact classes that are designed for older adults, encompassing a range of strength, cardio and flexibility exercises.

## **Aqua Aerobics (45 mins)**

Aqua Aerobics is a workout in water that is inclusive of every fitness level and every age. Working out in water eliminates stress on the joints, improves cardiovascular fitness, can increase strength, flexibility and overall health.

## **Aqua Hydro\* (45 mins)**

Warm water exercise designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.

## **RPM (45 mins)**

Indoor cycling classes are coached by an instructor who will guide you through a series of sprints, climbs & attacks. Riders are accompanied by inspiring music and can work at their own pace.

## **Pilates\* (55 mins)**

A low impact class that focuses on strengthening your whole body, targeting posture, flexibility and strength.

## **Studio Matwork Pilates (55 mins)**

Pilates training that focuses on correct posture, core stability, balance, control, strength, flexibility and breathing.



# GROUP FITNESS TIMETABLE

## EFFECTIVE 1 AUGUST 2024

Note: Timetable is subject to change. Always check ActiveWorld App for most up-to-date class schedule.

# CLASS DESCRIPTIONS

## Yoga\* (45 mins)

Yoga cultivates health and wellbeing through a range of many different techniques, including postures and movement, breath awareness and breathing exercises, relaxation and concentration, self-inquiry and meditation.

## Circl Mobility (55 mins)

The mobility and flexibility program designed to help you move your body the way it's intended to.

## Stretch and Flex (30 mins)

Sessions centered around stretching and mobility exercises, designed to enhance functional capacity, promote better recovery, and prevent injuries.

## B Active Functional Training (30min)

Functional Training sessions that fit seamlessly into your busy schedule. This functional training program combines the latest in exercise science with progressive overload techniques, ensuring maximum results.

## B Active Functional Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	FUNCTIONAL				AEROBIC		
8:00AM			STRENGTH				
8:30AM				FUNCTIONAL			
4:00pm		STRENGTH					
5:45pm			FUNCTIONAL				
6:00pm				AEROBIC			



Download the  
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fitness classes



Use our facility  
code: TRAC

## MAIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM	BODYPUMP *45MIN						
8:30AM						BODYATTACK	ZUMBA
9:30AM	BODYPUMP	THT	BODYPUMP	ZUMBA	BODYPUMP	BODYPUMP	BODYCOMBAT
10:30AM	CORE *30 MIN	STRETCH & FLEX		STRETCH & FLEX	THT	YOGA	BODYSTEP
11:00AM			ACTIVE ADULTS				
5:30PM	BODYPUMP	ZUMBA	BODYCOMBAT	THT			
6:30PM	BODYATTACK	BODYPUMP	ZUMBA	BODYPUMP	CIRCL MOBILITY		
7:30PM	YOGA	STUDIO MATWORK PILATES	YOGA *45MIN	STUDIO MATWORK PILATES			

## CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM			RPM				
9:00AM						RPM	
9:30AM				CYCLE			
6:45PM	RPM	RPM	RPM				

## AQUA AEROBICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:10AM	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
10:15AM		AQUA HYDRO	AQUA HYDRO		AQUA HYDRO		
11:00AM	AQUA			AQUA			
7:00PM	AQUA						