

# SUMMER

## GROUP FITNESS TIMETABLE



	MON	TUE	WED	THU	FRI	SAT
6:30AM	ADRENALINE HIT	SPIN 30	<b>LES MILLS BODY PUMP</b> 6:00AM	<b>CIRCUIT 30</b>	ADRENALINE HIT	
7:30AM	<b>CIRCUIT 60</b>	<b>CIRCUIT 30</b>			<b>CIRCUIT 30</b>	
9:15AM	Aqua	Aqua			Aqua	
9:30AM	<b>LES MILLS BODY PUMP</b>	<b>LES MILLS BODY COMBAT</b> WALKING GROUP	<b>LES MILLS BODY PUMP</b>	<b>LES MILLS BODY STEP</b> WALKING GROUP	<b>LES MILLS BODY PUMP</b>	ADRENALINE HIT
10:35AM	<b>LES MILLS BODY BALANCE</b>	<b>SUSPENSION 30</b>	ADRENALINE HIT	<b>LES MILLS BODY BALANCE</b>	YOGA FLOW	STRETCH 30
	PRYME MOVERS 12:30PM			PRYME MOVERS 12:00PM	PRYME YOGA 12:00PM	
4:00PM		<b>TEENBOX</b>	<b>TEENHIIT</b>	<b>TEENCOACH</b>	<b>TEENBOX</b>	
5:30PM	<b>metafit.</b>	ADRENALINE HIT STADIUM	BOX 30	SPIN 30	<b>SUSPENSION 30</b>	
6:05PM	<b>LES MILLS BODY STEP</b>	<b>LES MILLS BODY BALANCE</b>	<b>LES MILLS BODY PUMP</b>	ADRENALINE HIT	BOX 30	
6:15PM	Aqua			Aqua 6:30PM	Aqua DEEP WATER	
7:30PM	<b>CIRCUIT 30</b>	<b>CIRCUIT 30</b>	<b>CIRCUIT 30</b>	<b>CIRCUIT 30</b>	<b>CIRCUIT 30</b>	

TIMETABLE EFFECTIVE 3<sup>rd</sup> DECEMBER 2018

### ADDITIONAL INFORMATION

Casual admission	\$14.50
Concession admission	\$12.20
30 min classes	\$10.00
Pryme Movers/Pryme Yoga	\$5.00
Teen Series classes	\$2.00
Please collect a ticket from Customer Service on your arrival and hand to instructor upon entry to the class.	
Please arrive 5 – 10 minutes prior to the scheduled class time, as for your safety we cannot allow late entry.	

The Occasional Care is available for use on Monday to Friday (excluding some weeks in school holidays). Session times are:  
9:00am – 10:30am  
10:30am – 12:00pm

Timetable is subject to change without notice. Classes marked with a ★ on the main board are under review and subject to change. For further information regarding our Group Fitness classes, please see our friendly customer service team!



Napier St, Eaglehawk VIC 3556





(03) 5446 9222



bendigo.ymca.org.au

# CLASS DESCRIPTIONS



	55 min	The simple, fun and motivating workout that gets people in shape fast. This is a non impact class and is a total body workout using barbells and weights. Participants are encouraged to arrive 5 minutes early to set up equipment.
	55 min	Based on yoga, tai chi and Pilates, this class will strengthen muscles, improve flexibility and reduce stress. The perfect way to bring some calm into your day. No shoes required, bring your own mat.
	55 min	A high energy cardio workout using an adjustable step to control intensity. Designed to shape and tone your lower body as you burn calories. Simple moves suitable for men and women of all ages.
	55 min	Are you ready to unleash your inner warrior? Inspired by martial arts and boxing, this class will leave you feeling energized, strong and powerful. Fitness is a battle – welcome to the frontline.
	45 min	A low impact cardio and resistance class held in shallow water in the 50m pool. Low, medium and high intensity options are provided. Suitable for non-swimmers.
	45 min	A deep water aqua aerobics class that incorporates water belts. Workouts are more intense due to the fact that your feet are off the bottom of the pool for the entire class.
	30/60 min	Get fit fast with the 30 minute indoor cycling workout that will take you over hills, up mountains and then test your speed on the flats.
	60 min	Enjoy the bushland surrounding the Peter Krenz Leisure Centre on a brisk guided walk.
	60 min	Yoga flow is a fusion of breath and movement (Vinyasa). Just a pure light sequence of flowing postures to lengthen, strengthen and diffuse any tension in the body and mind. Suitable for all fitness types including beginners.
	60 min	A low to moderate exercise class that combines a strength and cardiovascular workout. Suitable for older adults or those that are new to exercise.
	60 min	Suitable for participants new to Yoga, mature aged, or those after a slower paced restorative class.
	30/60 min	Run by qualified personal trainers, blast your way through a full body session of circuit training with a huge range of exercises on the Super Duty Modular Group Training rig.
	30 min	An original 30 minute, non-choreographed, bodyweight, high intensity interval training (HIIT) workout. By keeping things simple, coach-led and technique focused, a military inspired workout sticks to the true principles of HIIT.
	45 min	An innovative functional fitness program designed to improve strength and conditioning in a focused, fun and social environment. This class focuses on high intensity functional movements in a small group setting. Constantly varied and tailored to the participant by a qualified functional movement coach, this session will prove that you have <b>no limits</b>
	30 min	Made for young people! These classes encourage those between 13 to 18 years old to try fitness in a group setting. <b>TeenHIIT</b> focuses on a mix of cardio and resistance training at high intensity. <b>TeenCoach</b> is in the Health Club, with the instructor demonstrating a new exercise or machine each class, perfect for beginners. <b>TeenBox</b> gets the gloves and pads on, and works on boxing technique in a fast-paced class.
	30 min	Ramp up your cardio endurance and plyometric strength with boxing. Combining technique work, drills and bodyweight movements, this full body session will also improve coordination and stamina. We encourage you to bring your own boxing gear for your comfort.
	30 min	A gentle way to kick off your weekend, with a focus on flexibility, mobility, myofascial release and both passive and dynamic stretching.
	30 min	Get the benefits of using suspension trainers! Develop your core, strengthen major muscle areas and give your cardiovascular system a workout in this high intensity class that is only as hard as what your body can handle.