

# GROUP FITNESS TIMETABLE

Commencing  
April 2024

## GROUP EXERCISE ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5.50am				LES MILLS BODYPUMP *	LES MILLS BODYATTACK +			5.50am
6am			YOGA ^					6am
6.30am	YOGA ^	LES MILLS BODYPUMP #						6.30am
7.30am						BOOTCAMP ^		7.30am
8am	FUNCTIONAL FIT ^ *	FUNCTIONAL FIT ^ *	CARDIO SCULPT ^ *	CORE FLOW ^	CORE FLOW ^	LES MILLS BODYCOMBAT +		8am
8.30am							LES MILLS CORE + *	8.30am
9am				LES MILLS CORE #		LES MILLS BODYSTEP +		9am
9.15am	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYATTACK *				PILATES ^	9.15am
9.30am				LES MILLS BODYSTEP	LES MILLS BODYCOMBAT			9.30am
10am	10.15AM START	10.15AM START	LES MILLS BODYPUMP		10.40AM START	LES MILLS BODYPUMP		10am
10.30am	LES MILLS BODYPUMP	LES MILLS CORE *	11.10AM START	LES MILLS BODYPUMP *	LES MILLS BODYPUMP		LES MILLS BODYPUMP	10.30am
11am		FITBALL SCULPT ^	EMPOWERED			LES MILLS BODYBALANCE +		11am
11.30am	CARDIO SCULPT ^			CARDIO DANCE ^				11.30am
12pm		CHIBALL ^	PILATES ^		PILATES ^			12pm
1pm	HEALTHY HEART ^	PILATES ^	BEGINNERS PILATES	HEALTHY HEART ^				1pm
4pm		1.10PM START	BOOKINGS REQUIRED	BOXING + *				4pm
4.15pm	LES MILLS BODYATTACK + *							4.15pm
5pm	LES MILLS BODYPUMP	LES MILLS BODYATTACK + #	LES MILLS BODYCOMBAT	LES MILLS CORE + *				5pm
5.30pm	BOOKING REQUIRED	LES MILLS CORE + #						5.30pm
6pm	BEGINNERS PILATES	FREESTYLE STEP	LES MILLS BODYBALANCE	KONGA				6pm
7pm	PILATES	LES MILLS BODYBALANCE	ZUMBA					7pm

First time to  
BODYPUMP?  
Please arrive  
10 minutes early.

See reception to scan in for classes. Members will be given priority up until 15 minutes prior to classes.

**Timetable key: (All classes are 60 minutes except where # or \* is noted)**  
# Denotes a 30 minute class \* Denotes a 45 minute class ^ LiveWell access granted + Tween access granted

### LES MILLS BODYATTACK

This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter.

### LES MILLS BODYSTEP

In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's heaps of options so that everyone leaves feeling successful.

### LES MILLS BODYBALANCE

Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

### LES MILLS BODYPUMP

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for - and fast.

### LES MILLS CORE

Formally known as CXWORX, LES MILLS CORE is the ultimate science backed core workout that builds strength, stability and endurance, focussing on core definition and sports performance. This 30 minute workout tones and conditions your abs, glutes and back, and improves posture and movement control. A short, effective workout, LES MILLS CORE utilises weight plates and body weight exercises like crunches, planks and covers, and is also great for balance and injury prevention.

### YOGA

These classes are suitable for all levels from active beginners to regular members. Yoga combines breath awareness with mindful focus and simple yoga poses, allowing the growth of functional strength, flexibility and mindfulness.

### LES MILLS BODYCOMBAT

This intensely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music, strike, punch, kick and kata your way through calories to superior cardio fitness.



Children 15 years and under are ineligible to participate in BODYPUMP.















See over for more class descriptions.

# AQUA AEROBICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7am	HYDRO MOVERS <sup>^</sup> <sub>*</sub>	HYDRO MOVERS <sup>^</sup> <sub>*</sub>	HYDRO MOVERS <sup>^</sup> <sub>*</sub>	HYDRO MOVERS <sup>^</sup> <sub>*</sub>		7am
8am	HYDRO MOVERS <sup>^</sup> <sub>*</sub>	HYDRO MOVERS <sup>^</sup> <sub>*</sub>	HYDRO MOVERS <sup>^</sup> <sub>*</sub>	HYDRO MOVERS <sup>^</sup> <sub>*</sub>	HYDRO MOVERS <sup>^</sup> <sub>*</sub>	8am
9am	AQUA FIT <sup>^</sup>	AQUA <sup>^</sup>			AQUA FIT <sup>^</sup>	9am
9.15am			DEEP WATER AQUA <sup>^</sup>	AQUA MOVERS <sup>^</sup>		9.15am
10am	AQUA <sup>^</sup>	AQUA <sup>^</sup> <sub>*</sub>		AQUA <sup>^</sup>	AQUA <sup>^</sup>	10am
				10.15AM START		

Timetable key:    \* Denotes a 45 minute class    ^ LiveWell access granted

# CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5.50am	 * <sup>^</sup>	 # <sup>^</sup>	 * <sup>^</sup>					5.50am
8am							 # <sup>^</sup>	8am
8.30am								8.30am
9am				9.30AM START				9am
9.15am				 * <sup>^</sup>				9.15am
10am					 # <sup>^</sup>			10am
10.30am			SPIN <sup>^</sup> <sub>#</sub>					10.30am
5pm								5pm
5.15pm			 # <sup>^</sup>		 # <sup>^</sup>			5.15pm
6pm			 # <sup>^</sup>					6pm

Timetable key:    \* Denotes a 45 minute class    # Denotes a 30 minute class    ^ LiveWell access granted



Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.



A 30 minute high intensity low impact workout that is scientifically proven to return rapid results. It's a short intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



A 60 minute RPM class for participants wanting an extra push in their cycle training.

## SPIN

Low Impact, low intensity spin class to challenge your cardio fitness in a fun filled environment.

### Aqua Fit

Aqua Fit incorporates toning and strengthening exercises for all muscle groups, including core stabilisation. This class is suitable for all levels as options are provided.

### Boxing

Boxing utilises all components of functional fitness training to gain improvements in muscular and cardiovascular endurance while also maintaining a high level of aerobic and anaerobic conditioning. Fun and enjoyment using pads and gloves in a group environment.

### ChiBall

The ChiBall Method is based on traditional eastern philosophies in mind and body fitness combined with western ideas to produce a holistic approach to exercise. It is a balanced mind and body health and fitness concept based on traditional Chinese Medicine and incorporates Tai Chi and Qi Gong, ChiBall Dance, Yoga, Pilates, Feldenkrais Method and deep relaxation and meditation.

### Functional Fit

In this group class you will use weights, bands and bodyweight to build functional strength. Specific instruction is given on how to perform exercises effectively and safely. Suitable for all fitness and ability levels.

### Cardio Sculpt

A dynamic low-impact mix of cardio and functional strength exercises to challenge your entire body during which you may use hand weights, bands, balls, steps etc. to maximise toning and calorie burn. It's fun, effective and challenging. All exercises are modifiable to meet all fitness levels.

### Cardio Dance

Cardio Dance is a fun class for all fitness levels as options are provided. A mix of Spanish, Latin and 80's music with simple and fun choreography that is easy to learn.

### Konga

Konga is an easy-to-follow, mood-elevating, high intensity fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats.

### Core Flow

A class catering to all ability levels that promotes core and all over body strength, flexibility, postural alignment, balance and stability movements that support healthy back and joints. In this class you will have the option to use toning balls to compliment the strength component of the workout.

### Fitball Body Sculpt

A total body and cardiovascular workout using fit balls, hand weights and bands. Let us show you how to burn calories, sculpt and tone every muscle whilst providing core stability and functional strength in a unique and very effective workout. Suitable for all fitness levels, and options can be given.

### Hydro Movers

A Seniors class in the warmth of the hydrotherapy pool. Hydromovers will assist you with mobility and will improve agility and co-ordination. Sociable, relaxed and lots of FUN. Join us for a cuppa after class.

### Pilates

The Pilates Method is a unique training system using concentration and slow controlled, precise movements to achieve inner strength, physical endurance, muscular tone, flexibility and well-being. This non-impact workout is suitable for all ages and people of all levels. Participants must have prior Pilates experience to attend or complete our four week beginners training program before joining the Pilates classes.

### Healthy Hearts

Healthy Hearts is a low to moderate fitness program which incorporates components of aerobic activity, weight bearing exercise, balance and stretching. This program is specifically designed to be safe for people who may have risk factors or health conditions. The program is suitable for those who are new to exercise.

### Bootcamp

Bootcamp runs indoors and outdoors, coached by a qualified personal trainer. Bootcamp can include many different exercises that improve your strength, endurance and core strength.

### Aqua Movers

This 'FUN' class is designed for older adults and anyone wanting to take it a little easier than the standard Aqua Fit class. Fantastic class for pre and post-natal ladies. Low impact, tones all muscle groups.

### Aqua

This class is for those that want more than an Aqua Movers class but not as intense as Aqua Fit. This level is in between Aqua Movers and Aqua Fit. A great all over water workout.

### Zumba

Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training.

### Empowered

Suitable for everyone. A dynamic low-impact mix of cardio and functional strength training exercises to challenge your entire body. Become EMPOWERED to work at your own level and improve your posture inner strength muscular tone flexibility and heart health.

### Freestyle Step

These classes involve exercising on, over and around a height adjustable step to fun sing-along tunes. Cardio tracks push fat-burning systems into high gear followed by muscle conditioning tracks that tone and shape your body.

### Beginners Pilates

Please see Aqua Jetty front reception to book in for our four-week course to learn the fundamentals of Pilates in a small group. This course must be completed before participating in Pilates classes.

### Deep Water Aqua

Using a buoyancy belt, our deep water aqua classes provide a constant level of water resistance – ideal to tone and sculpt the body. These classes run in our outdoor pool. If the weather is unsuitable the class will move inside and run as Aqua Fit.



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rockingham.wa.gov.au/aquajetty