

SUMMER TIMETABLE


























JANUARY - FEBRUARY 2019




STUDIO 1 GROUP FITNESS

	M	T	W	T	F	S	S
6:00am	LesMILLS 30' BODYPUMP	LesMILLS 45' BODYATTACK	KIMAX	LesMILLS 45' BODYSTEP			
6:30am	LesMILLS CXWORX						
7:15am						LesMILLS CXWORX	
8:00am						LesMILLS 45' BODYSTEP	KIMAX
8:45am		LesMILLS 30' BODYPUMP	LesMILLS CXWORX		LesMILLS 45' BODYPUMP	LesMILLS 45' BODYATTACK	LesMILLS 45' BODYPUMP
9:30am	LesMILLS BODYPUMP	KIMAX	LesMILLS 30' BODYATTACK	LesMILLS 30' BODYPUMP	LesMILLS CXWORX	LesMILLS 45' BODYPUMP	
10:00am				LesMILLS CXWORX	LesMILLS 30' BODYATTACK		
10:30am			LesMILLS 45' BODYPUMP		KIMAX		
3:45pm				KIDS HIP HOP			
4:45pm	LesMILLS CXWORX	LesMILLS 45' BODYSTEP	KIMAX	LesMILLS 45' BODYPUMP			
5:30pm	LesMILLS 45' BODYATTACK	LesMILLS BODYPUMP	LesMILLS 30' BODYATTACK	LesMILLS 30' CXWORX	LesMILLS 30' BODYPUMP		
6:00pm			LesMILLS CXWORX	LesMILLS 30' BODYATTACK	KIMAX		
6:30pm	LesMILLS BODYPUMP	LesMILLS 30' BODYATTACK	LesMILLS 45' BODYSTEP	KIMAX			
7:00pm		LesMILLS CXWORX					
7:30pm	KIMAX		LesMILLS 45' BODYPUMP				




















STUDIO 2 Mind & Body

	M	T	W	T	F	S	S
6:00am							
8:00am							
8:45am	FlexStretch				FlexStretch	LES MILLS BODYBALANCE 45'	
9:30am	 PILATES MAT2	LES MILLS BODYBALANCE		YOGA 		YOGA 	
10:30am		YOGA 		YOGA 		FlexStretch	LES MILLS BODYBALANCE
4:45pm			FlexStretch				
5:30pm	FlexStretch						
6:30pm	YOGA 				YOGA 		
7:30pm	LES MILLS BODYBALANCE		FLOW YOGA 	FlexStretch			












MYRIDE Spin Studio

	M	T	W	T	F	S	S
6:00am	LES MILLS sprint	LES MILLS RPM			LES MILLS RPM		
7:15am							LES MILLS sprint
8:00am						LES MILLS RPM HP60'	
8:45am				LES MILLS sprint			
9:30am			LES MILLS RPM			LES MILLS sprint	LES MILLS RPM
10:30am							
4:45pm		LES MILLS RPM 30'			LES MILLS sprint		
5:30pm	LES MILLS RPM	LES MILLS sprint		LES MILLS RPM 30'			
6:00pm							
6:30pm	LES MILLS sprint		LES MILLS sprint				
7:30pm						*Virtual classes run on the hour.	

HIIT ZONE⁺

	M	T	W	T	F	S	S
6:00am							
7:00am							
7:30am							
8:00am							
8:45am							
9:00am							
9:30am							
10:30am							
4:15pm							
4:45pm							
5:15pm							
5:30pm	Sports Strength & Conditioning						
6:00pm							
6:30pm			Sports Strength & Conditioning				
7:00pm							
7:30pm							

KINESIS & OMNIA










	M	T	W	T	F	S	S
9:00am							
9:30am							
10:00am							
11:00am							
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							

OUTRACE							
	M	T	W	T	F	S	S
6:00am							
6:30am						OUTTRAIN	
8:00am						Skill Athleti	
8:45am			Skill Athleti				
9:30am		OUTMOVE		OUTPLAY			
4:45pm	Skill Athleti			OUTMOVE			
5:30pm							
6:00pm	OUTMOVE	Skill Athleti					
6:30pm			OUTTRAIN	Skill Athleti			
7:00pm							
7:30pm		OUTPLAY					










SKILLROW ZONE							
	M	T	W	T	F	S	S
6:00am							
6:30am	RowRun						
8:45am				RowRun		RowRun	
9:30am							
10:30am		RowRun					
4:45pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm	RowRun						
7:30pm							



POOL

	M	T	W	T	F	S	S
5:00am							
6:00am							
6:30am						PENRITH MASTERS 6:30am - 8am Occupying 2 Pool Lanes	
8:00am							
9:30am							
3:30pm	Mon - Fri 3:30pm to 6:00pm NACSWIMSQUAD Occupying 2 Pool Lanes Mon & Wed 6pm to 7:30pm AJDSWIMSQUAD Occupying 2 Pool Lanes						
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							

MULTISPORT


	M	T	W	T	F	S	S
5:00am		 60'				 90'	
6:00am		 60'					
7:00am						 60'	
8:00am							
9:00am							
11:30am	 60'		 60'		 60'		
12:00pm							
5:45pm				 60'			
6:00pm		 60'					



OUTDOOR ZONE

	M	T	W	T	F	S	S
6:00am	BOOTCAMP		HIITFIT		TACFIT		
6:15am							
7:00am						BOOTCAMP	
8:45am				BOOTCAMP			
9:30am	HIITFIT		TACFIT				
6:00pm		HIITFIT					
6:30pm							
7:00pm				TACFIT			
7:30pm			BOOTCAMP				

AQUA











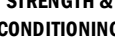


	M	T	W	T	F	S	S
9:30am		AQUA DEEP				AQUA DEEP	
12:15pm					AQUA FIT		
12:30pm	AQUA FIT		AQUA FIT				
1:15pm					AQUA GENTLE		
1:30pm	AQUA GENTLE						
6:45pm	AQUA FIT	AQUA FIT	AQUA Pre & Post NATAL	AQUA FIT			
7:45pm			AQUA FIT				

*Aqua classes operated at Nepean Aquatic Centre.

GROUP FITNESS *Class Descriptions*

LES MILLS BODYPUMP	A barbell workout that tones and strengthens your entire body, FAST! *55, 45 & 30 minute formats.
LES MILLS BODYATTACK	A high energy calorie consuming interval training workout that combines simple athletic aerobic movements with strength and stabilisation exercises. *45 & 30 minute formats.
LES MILLS BODYSTEP	A full-body cardio workout to really tone your butt and thighs using a height adjustable step. *55 & 45 minute formats. Showcase your rhythm and flair while burning calories!
LES MILLS BODYSTEP ATHLETIC	Simple movements on, over and around the step combined with cardio blocks push fat burning systems into high gear... followed by muscle conditioning tracks that shape and tone your body. Energising and motivating to make you feel liberated and alive!
KIMAX	An awesome 45min Boxing and Kickboxing calorie burning class that requires NO coordination. *Bring your boxing gloves and unleash some stress today!
LES MILLS RPM LES MILLS RPM HP60	Ride to the rhythm of powerful music with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials & interval training. *45 & 30 minute formats. RPM Hi-Performance (HP) is a 60 minute format.
LES MILLS sprint	30 minute workout of high-intensity interval training (HIIT) on a indoor bike. It's a quick and intense style of training that returns rapid results with minimal joint impact. The pay off is the calorie burn for hours after stepping off the bike!
LES MILLS CXWORX	The ultimate way to get a tight and toned core in a 30 minute workout using resistance tubes, weight plates, as well as body weight exercises.
LES MILLS BODYBALANCE	A Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centred and calm. *55 & 45 minute formats.
	This class is essential for members new to the Pilates method. Learn how to activate your core effectively and understand the principles of neutral spinal alignment while learning basic Pilates mat exercises. A minimum of 6 classes required to progress to Level 1 mat class. *BEGINNERS
	This class will build on basic Pilates mat exercises to include more challenging exercises and small props including foam rollers, athletic circles, balls and bands to improve posture, flexibility, strength and tone your entire body. *INTERMEDIATE
	This class takes your Pilates mat work to the next level, using Pilates small apparatus, incl. foam rollers, athletic circles, balls & bands to intensify the exercises *ADVANCED
	This class is essential for members new to the Pilates reformer. Learn basic reformer exercises and core activation on the reformer. A minimum of 6 classes required to progress to level 1 reformer class. *BEGINNERS
	In this class you will utilise the reformer. By adding resistance and support you will increase your flexibility, while gaining strength and core control to transform your entire body. *INTERMEDIATE-ADVANCED

BOOKINGS ESSENTIAL FOR ALL CLASSES! *Timetable subject to change, see website for details.

	<p>This class provides a variety of yoga poses integrated with strength and stretching to connect the mind and body creating a calm consciousness and sense of wellbeing.</p> <p>Experience the journey today!</p>
	<p>Reap the benefits of stretching and flexibility in this 45 minute class designed for improving flexibility, increasing your range of movement and improving blood circulation. Stretching assists with relaxation, flexibility, strength and fitness.</p>
	<p>Think outside the box... Experience zero-compression inversions using suspended hammocks. Elevate your workout with a combination of Fundamentals and Aerial Yoga.</p> <p>ESSENTIAL REQUIREMENTS - No jewellery, T-shirt must be worn.</p>
	<p>30 minute circuit class combining functional movement with Kinesis and Omnia Stations. Improve overall fitness using bodyweight and resistance cable exercise equipment. 12 stations, interval timing varies, 12 team members. BEGINNER - INTERMEDIATE</p>
	<p>Climb and hang your way through an intense 45 minute circuit that will work every muscle in your body through a series of body weight and equipment based exercises.</p> <p>Queenax is an indoor playground for grown ups that will have you hooked in no time!</p>
	<p>30 minute high intensity interval training (HIIT) workout that takes you into overdrive and gets you fitter, super fast!</p>
	<p>Move to feel good... 45 min full body workout focusing on technique, strength & conditioning. 4-10 stations, interval timing 45 to 60 seconds, up to 16 team members. BEGINNER-ADVANCED *Interactive training wearing your HR monitor!</p>
	<p>Play to have fun... 30 min team workout combining hard work with fun to reach your true potential! 5-12 stations, interval timing 30 to 45 seconds, up to 16 team members. BEGINNER-ADVANCED *Interactive training wearing your HR monitor!</p>
	<p>Train to get strong... 30 min high intensity interval workout that will put your strength, fitness & core into overdrive! 5-12 stations, interval timing 20 to 30 seconds, up to 16 team members. INTERMEDIATE-ADVANCED *Interactive training wearing your HR monitor!</p>
	<p>Train like a professional athlete in this team based 30min functional, high intensity workout designed to make you stronger, faster, leaner and more agile.</p> <p>RUNNING REQUIRED, 3-4 stations, up to 16 team members.</p> <p>INTERMEDIATE-ADVANCED *Interactive training wearing your HR Monitor!</p>
	<p>45min strength class focusing on teaching correct technique for strength exercises and the transfer to sports applications. Designed as both educational and challenging.</p>
	<p>Hip Hop Fitness is a fun class designed for children between the ages of 5-12 years old that love to dance. This 45min energetic class helps children to develop rhythm, coordination, flexibility, balance, promote fitness and confidence. *Classes run per school term.</p>
	<p>Indoor cycling experience with a virtual instructor to guide you through your workout. With real footage of some of the most breathtaking rides from across the globe, this workout is suitable for all levels of fitness. *Virtual Classes run on the hour!</p>

BOOKINGS ESSENTIAL FOR ALL CLASSES! *Timetable subject to change, see website for details.

	<p>30 minute total-body workout that challenges the body and engages the mind. A unique class that combines the SkillRowers and Treadmills to create a fun & rewarding workout that will push you to your maximum efforts and provide results fast! *Running not required.</p>
	<p>45 minute of high intensity functional training that delivers a dynamic and varied workout every time - ramp up your metabolism, burn calories and ignite your energy!</p>
	<p>60 minute session designed to build strength and fitness through variety of intense group intervals - fitness that you need for everyday life!</p>
	<p>45 minute total body workout that covers the principles of functional training and works every part of your body - unleash your inner strength!</p>
	<p>45-60 minute general swim fitness training session. Catering to the beginner who wants to develop the skills needed to progress to ADULT SWIMFIT.</p>
	<p>60 minute general swim fitness training session catering to all swimming fitness levels.</p>
	<p>75-90 minute training session covering all aspects of swim fitness targeting master swimmers and adult triathletes.</p>
	<p>Bring your own bike and ride courses from all over the world including the tour de France! Our computrainers apply a specific load or resistance to your bike that allow you to ride to your full potential every time. *60 & 90 minute formats. BYO BIKE</p>
 *Nepean Aquatic Centre	<p>General Aqua Aerobics, may include Circuit, Boxing, High Intensity Interval Training, Tabata, Resistance Exercises, etc. All classes contain various levels of intensity so that all participants are challenged. Max 40 in class.</p>
 *Nepean Aquatic Centre	<p>A gentle Aqua Aerobics class, for seniors, people recovering from surgery, as an exercise recovery session, for people with joint or mobility issues, or for people getting back into exercise after a break or into exercise for the first time. Also beneficial pre and postnatally. Max 40 in class.</p>
 *Nepean Aquatic Centre	<p>A specialised class for pre and postnatal exercise, includes cardio & toning. Participants report improved sleep & mobility. Partners, mothers, aunties, friends and other support people welcome to also attend. Max 40 in class.</p>
 *Nepean Aquatic Centre	<p>Non weight bearing exercises using a buoyancy belt (provided) in deep water, providing a whole body workout! Max 25 in class.</p> <p>*AQUA CLASSES OPERATED AT NEPEAN AQUATIC CENTRE.</p>

BOOKINGS ESSENTIAL FOR ALL CLASSES! *Timetable subject to change, see website for details.