

## 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 HOLIDAY TIMETABLE

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 will not be running from Monday 23 December - Sunday 12 January.**

## Monday 23 December - Sunday 29 December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM			CLOSED			BODYATTACK	ZUMBA
9:00AM			CLOSED			RPM	
9:10AM	AQUA AEROBICS	AQUA AEROBICS	CLOSED		AQUA AEROBICS		
9:30AM		THT	CLOSED		BODYPUMP	BODYPUMP	
10:15AM		AQUA HYDRO	CLOSED		AQUA HYDRO		
11:00AM	AQUA AEROBICS		CLOSED	AQUA AEROBICS			
5:30PM	BODYPUMP		CLOSED				
6:45PM	RPM		CLOSED				
7:30PM	YOGA		CLOSED				

## Monday 30 December - Sunday 5 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						BODYATTACK	ZUMBA
9:00AM						RPM	
9:10AM	AQUA AEROBICS	AQUA AEROBICS			AQUA AEROBICS		
9:30AM		THT			BODYPUMP	BODYPUMP	BODYCOMBAT
10:15AM		AQUA HYDRO					
11:00AM	AQUA AEROBICS			AQUA AEROBICS			
5:30PM	BODYPUMP			THT	THT		
6:45PM	RPM						
7:30PM	YOGA						

## Monday 6 January - Sunday 19 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						BODYATTACK	ZUMBA
9:00AM						RPM	
9:10AM	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	
9:30AM		THT			BODYPUMP	BODYPUMP	BODYCOMBAT
10:15AM		AQUA HYDRO			AQUA HYDRO		
10:30AM						YOGA (18TH ONLY)	
11:00AM	AQUA AEROBICS						
5:30PM	BODYPUMP	ZUMBA	BODYCOMBAT	THT			
6:30PM	BODYATTACK	BODYPUMP		BODYPUMP			
6:45PM	RPM		RPM				
7:30PM	YOGA		YOGA	PILATES			