

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
6AM	Boxing 55	LES MILLS RPM 50	LES MILLS BODYBALANCE 55	LES MILLS BODYPUMP EX 30	LES MILLS GRIT 30		
8AM	Strong Movers 55		Strong Movers 55		Strong Movers 55		
8.15AM	Aqua Movers 45	Aqua Movers 45		Aqua Movers 45		Water Workout Family Friendly LES MILLS BODYBALANCE 55	
9AM	LES MILLS GRIT 30	Gymstick 30	LES MILLS GRIT 30	Abs Blast 30	HIIT Health Club 30	LES MILLS RPM 50	
9.15AM	Aqua Movers 45		Aqua Movers 45		Aqua Movers 45		
9.30AM	Step 55 LES MILLS RPM 50	LES MILLS BODYCOMBAT 55	LES MILLS BODYPUMP 55 LES MILLS RPM 50	Boxing 55	Pilates 55 LES MILLS RPM 50	LES MILLS BODYPUMP 55	Yoga 10 in Creche 60
10.45AM	LES MILLS BODYPUMP 55	LES MILLS BODYBALANCE 55	Pilates 55	Yoga 60	LES MILLS BODYPUMP 55		
EVENING							
5.30PM	LES MILLS BODYPUMP 55		Boxing 55				
6PM				LES MILLS RPM 50	LES MILLS BODYPUMP 55		
6.30PM	Boxing 55 Abs Blast in Creche 30	LES MILLS RPM 50 HIIT (30mins) 30	LES MILLS RPM 50				
7PM		Abs Blast 30		LES MILLS BODYBALANCE 55 Water Workout 45 LES MILLS GRIT 30			
7.15PM	LES MILLS BODYBALANCE 55						
7.30PM	Aqua Gymstick 45		HIIT 30 Pilates in Creche 55				
7.45PM	Zumba 45	Yoga 8pm in Creche	Water Workout 45				

Timetable may be subject to change depending on class numbers & instructor availability. Check our website cardinialeisure.com.au and follow us on Facebook for all the latest updates including public holiday timetables.

EX - Express class

30 45 50 55 60 - Class length in minutes

CLASS DESCRIPTIONS

ADRENALINE: 30 minute session. Limited to 10 participants per class, Adrenaline H.I.I.T is a high intensity session that moves your strength and cardio training to the next level.

AQUA MOVERS: 45 minute class. Aqua Aerobics designed for the more senior participant and beginners, set in a fun and sociable environment. Come along for any reason, fitness, mobility, flexibility and strength but most of all fun!!

AQUA GYMSTICK: 45 minute class. A total body workout involving cardio and core base training in an aqua environment, utilising resistance tubing and a bar.

BODYBALANCE: 55 minute class. A class combining traditional eastern disciplines with dynamic new techniques. Body Balance reduces stress and increases endurance.

BODYPUMP: 55 minute class. Muscle conditioning class using gym exercises with barbells. No aerobics or coordination required – work at your own pace. Minimum age for BODYPUMP is 13, if under 16 years of age MUST be accompanied by an adult member.

BODYPUMP EXPRESS: 30 minute class. Muscle conditioning class using barbells and weights in express format. Minimum age for BODYPUMP is 13, if under 16 years of age MUST be accompanied by an adult member.

BODY COMBAT: 55 minute class. Energetic cardio vascular workout inspired by martial arts.

BOXING: 55 minute class. A class that incorporates the use of focus pads and punch bags, as well as other strength and cardio exercises. All participants must wear hand wraps which can be purchased at reception.

ABS BLAST: 30 minute class. This program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and 'slings' connecting the upper and lower body.

GYMSTICK: 30 minute class. Total body workout involving cardio and core based exercises, utilising resistance bands and a bar.

HIIT: 30 minute training session that has one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

STEP: 55 minute class. A free style class using a Step platform. This class is ideal for conditioning the heart and lungs and toning the body.

STRONG MOVERS: 55 minute class. A strength training class for all ages. This class is great for beginners and the more senior participant.

PILATES: 55 minute class. This class focuses on core strengthening movements, which will improve your posture, flexibility and strength through the connection of mind and body with breath.

WATER WORKOUT: 45 minute class. Aqua Aerobics suitable for all levels of fitness. You can have either an intense workout, or take it a little easier. Equipment may be used. This class is a Family Friendly class. Minimum age is 10 years and must be accompanied by an adult.

YOGA: 60 minute class. A yoga class where the first 3/4 poses flow dynamically with the breath, focused on building internal heat for physical power, muscular strength and greater self awareness. The class then slows down for some deep stretches and releasing towards the end of class.

ZUMBA: 55 minute class. Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions which are combined to tone and sculpt your body while burning fat.

ZUMBA TONING: 45 minute class. combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Using Zumba toning sticks or light weight dumbbells, you'll work every muscle group while you groove.

RPM: 50 minute class Indoor cycling where you ride to inspirational music over the equivalent of 20-25 km of varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed.

GRIT: 30 minute high intensity interval training session using weights and explosive high impact body-weight exercises to get you super fit, super fast.

Please arrive well in advance of class start time. Once the music has started, entry is not permitted. Collect your ticket from reception and hand it to the instructor. Minimum age for participation in classes is 13 years unless the child holds a Kid's Gym membership. Kid's Gym membership holders MUST be accompanied by an adult member in order to gain entry to classes. Please ensure you bring a towel and drink bottle to all classes. Please advise instructor if you are pregnant or have an injury. Please do not attend any classes until you have had your 6 week checkup and clearance from your obstetrician. Parent discretion is advised if your child is attending Family Friendly class with you. Please ensure the class is suited to their ability/fitness level.

*** Check in-centre or on the centre website for Public Holiday opening hours**