

TIMETABLES EFFECTIVE FROM JULY 1, 2018

| GROUP FITNESS STUDIO | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|---------------|----------------|----------------|----------------|---------------|----------------|----------------|---------------|
| | 6.00AM | V BODY PUMP | V CX WORX | V BODY BALANCE | V CX WORX | V BODY COMBAT | | |
| | 7.15AM | V CX WORX | V BODY PUMP | V CX WORX | V BODY COMBAT | V CX WORX | | |
| | 8.00AM | STRONG MOVERS | | STRONG MOVERS | | STRONG MOVERS | | |
| | 9.00AM | GRIT | V CX WORX | GRIT | V CX WORX | GRIT | V CX WORX | V CX WORX |
| | 9.30AM | ZUMBA | BODY COMBAT | BODY PUMP | BOXING | PILATES | BODY PUMP | V BODY COMBAT |
| | 10.45AM | PILATES | YOGA | PILATES | BODY BALANCE | BODY COMBAT | V BODY COMBAT | V BODY PUMP |
| | 12.00PM | V BODY PUMP | V CX WORX | V SH'BAM | V BODY COMBAT | V BODY BALANCE | V SH'BAM | V SH'BAM |
| | 1.00PM | V BODY BALANCE | V BODY PUMP | V CX WORX | V BODY PUMP | V CX WORX | | |
| | 3.00PM | | | | | | V BODY COMBAT | V BODY PUMP |
| 4.00PM | | | | | | V BODY PUMP | V BODY COMBAT | |
| 5.30PM | V BODY COMBAT | GRIT | BOXING | V BODY PUMP | V BODY PUMP | V BODY BALANCE | V BODY BALANCE | |
| 6.30PM | BOXING | V BODY COMBAT | V BODY PUMP | V BODY COMBAT | V SH'BAM | | | |
| 7.30PM | ZUMBA | V BODY PUMP | V BODY BALANCE | V SH'BAM | V BODY PUMP | | | |

| MIND & BODY STUDIO (CRECHE) | 8:15AM | | | | | | BODY BALANCE | |
|-----------------------------|--------|--------------|--------------|--|--------------|--|--------------|---------|
| | 9:30AM | | | | | | | PILATES |
| | 7:30PM | BODY BALANCE | BODY BALANCE | | BODY BALANCE | | | |
| | | | | | | | | |

| CYCLE STUDIO | 6:00AM | | RPM | | | | | |
|--------------|--------|-----|-----|-----|-----|-----|-----|--|
| | 8:15AM | | | | | | RPM | |
| | 9:30AM | RPM | | RPM | | RPM | | |
| | 6:30PM | | RPM | RPM | RPM | | | |
| | | | | | | | | |

| AQUA | 8:15AM | AQUA MOVERS | AQUA MOVERS | AQUA MOVERS | AQUA MOVERS | | AQUA WORKOUT | |
|------|--------|-------------|--------------|-------------|--------------|-------------|--------------|--|
| | 9:15AM | AQUA MOVERS | | AQUA MOVERS | | AQUA MOVERS | | |
| | 7:35PM | | AQUA WORKOUT | | AQUA WORKOUT | | | |

(V) VIRTUAL CLASS – Les Mills Virtual is a technology based group exercise class played via a projector screen

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.

CLASS DESCRIPTIONS

BODYBALANCE™ Ideal for anyone and everyone, BODYBALANCE is the yoga-based class that will improve your mind, your body and your life. This vitality-boosting program can help reduce body fat, increase core strength, improve flexibility and ease anxiety. If you want youthful energy and vitality, BODYBALANCE is a great way to get it! 55 minutes.

BODYCOMBAT® This high-energy martial arts workout works your legs, tones your arms, back and shoulders and provides phenomenal core training- equal to the core activation of 1700 crunches! You destroy calories, develop coordination, agility and speed. BODYCOMBAT combines non-contact kicking and punching with fresh functional training moves designed to improve your speed, fitness and agility. Prepare to be physically and mentally challenged. 55 minutes.

BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Research has confirmed that BODYPUMP has strong calorie and fat-burning effects improving aerobic fitness, muscular strength and endurance. BODYPUMP uses THE REP EFFECT, a breakthrough in resistance training which is proven to deliver a total body transformation. 55 minutes.

PILATES: Our Pilates classes help develop core strength and coordination through traditional movement patterns, the use of breath and correct alignment. You'll feel a difference in your posture and overall toning with every class. 55 minutes.

LES MILLS GRIT™ high-intensity interval training (HIIT) workout, designed to improve strength cardiovascular fitness and build lean muscle. Increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. It takes HIIT and combines it with powerful music to get fit, fast. 30-minutes

SH'BAM is a fun vibrant, unique and varied class featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves. 45 minutes

CX WORX™ Based on cutting-edge scientific research, CX WORX is the ultimate way to get toned. With dynamic training that homes in on your abs, glutes, back, oblique's, and "slings" connecting the upper and lower body. CX WORX will leave you looking good and feeling strong. 30 minutes

STRONG MOVERS: classes are safe and fun, with easy to learn low impact cardiovascular exercise, strength and stretching activities giving a whole body workout. The class varies and can use steps, resistance bands, weights, balls, abdominal exercises and stretching. A great class for beginners and the more senior participant. 55 minutes.

RPM™ is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey

of hill climbs, sprints and flat riding scientifically developed and regularly tested to ensure excellent results. You control your own resistance levels and speed so you can build up your fitness level over time. If you want a true sense of achievement, get into a RPM class today. 50 minutes.

BOXING: A high intensity boxing circuit class that incorporates punching technique, pad work, skipping, running and abdominal work. Great for tone and overall conditioning. An excellent workout for all fitness levels. 55 minutes.

ZUMBA Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. 45 minutes.

YOGA: Designed to enhance vitality and a sense of well-being, the class provides all the classical hatha yoga postures including sun salutations as the central body of the class. It will have you moving with the breath while increasing your flexibility, strength and fitness. 55 minutes

AQUA MOVERS 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!! 45 minutes.

AQUA WORKOUT: 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. 45 minutes.

LES MILLS VIRTUAL: is technology based group exercise played via a projector screen in clubs. It's designed to provide consumers with a group exercise fix at any time of the day as well as help get even more people engaged in group exercise, becoming fitter and getting hooked on the Les Mills experience.

A valid ticket must be obtained and presented to the instructor upon entry. As a courtesy and for safety reasons, late entry to a class is not permitted. Participants must be aged 16 years and over to attend BODYPUMP, GRIT and BOXING. Participants must be aged 14 years and over to attend all other group fitness classes. Please advise the instructor if you are pregnant or have an injury.

*** Check in-centre or on the centre website for Public Holiday opening hours cardinaleisure.com.au and follow us on Facebook for all the latest updates.**