

GROUP FITNESS TIMETABLE

EFFECTIVE 29 JULY 2019

Cardinia
Life

NEW VIRTUAL LES MILLS BARRE

GROUP FITNESS STUDIO

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|----------------------------------|--------------------------------|-----------------------|--------------------|----------------------------------|--------------------------|------------------------------|
| 5.45am | V BODY PUMP (E) | V CX WORX | V BODY COMBAT (E) | HIIT 45 | V BODY BALANCE (E) | | |
| 6.20am | V BODY BALANCE | V BODY COMBAT | V BODY PUMP | | V BODY COMBAT | | |
| 7.20am | V CX WORX | V LES MILLS BARRE | V CX WORX | V BODY BALANCE (E) | V CX WORX | | |
| 8.00am | STRONG MOVERS | V BODY BALANCE | STRONG MOVERS | V LES MILLS BARRE | STRONG MOVERS | 8.10AM BODY BALANCE | 8.10AM V BODY BALANCE |
| 9.00am | HIIT 30 <small>NEW CLASS</small> | V CX WORX | V BODY COMBAT (E) | V CX WORX | V BODY PUMP (E) | | |
| 9.35am | ZUMBA | BODY COMBAT | BODY PUMP | BOXING | PILATES | 9.20AM BODY PUMP | 9.20AM V BODY COMBAT |
| 10.45am | BARRE | YOGA | PILATES | BODY BALANCE | BARRE | 10.30AM V BODY COMBAT | 10.30AM V LES MILLS BARRE |
| 12.00pm | | | | | TAI CHI <small>NEW CLASS</small> | | |
| 2.40pm | V BODY BALANCE (E) | V CX WORX | V LES MILLS BARRE | V BODY COMBAT (E) | V BODY PUMP (E) | V LES MILLS BARRE | V CX WORX |
| 3.15pm | V BODY COMBAT | V BODY BALANCE | V BODY PUMP | V CX WORX | V LES MILLS BARRE | V BODY BALANCE | V BODY PUMP |
| 4.20pm | V LES MILLS BARRE | V BODY COMBAT | V BODY BALANCE | V BODY PUMP | V BODY BALANCE | V BODY PUMP | V BODY COMBAT |
| 5.25pm | V BODY PUMP | V BODY BALANCE | V CX WORX | V BODY BALANCE | V BODY COMBAT | V CX WORX | V BODY BALANCE (E) |
| 6.00pm | | | BOXING | | | | |
| 6.30pm | BOXING | BARRE <small>NEW CLASS</small> | | V BODY PUMP 45 | V LES MILLS BARRE | | |
| 7.00pm | BODY BALANCE* | | YOGA | PILATES* | | | |
| 7.30pm | ZUMBA | V BODY PUMP | | V BODY COMBAT | V BODY PUMP | | |
| 8.30pm | V CX WORX | V BODY BALANCE (E) | 8.00PM V BODY PUMP | V LES MILLS BARRE | V CX WORX | | |

V = VIRTUAL (E) = EXPRESS * = HELD IN CRECHE

AQUA (25M INDOOR POOL)

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|-------------|--------------|-------------|--------------|--------------------------------------|--------------|--------|
| 8.15am | AQUA MOVERS | AQUA MOVERS | AQUA MOVERS | AQUA MOVERS | AQUA MOVERS <small>NEW CLASS</small> | AQUA WORKOUT | |
| 9.15am | AQUA MOVERS | | AQUA MOVERS | | AQUA MOVERS | | |
| 7.35pm | | AQUA WORKOUT | | AQUA WORKOUT | | | |

Cardinia

Managed in partnership

ALIGNED
LEISURE

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OPENING HOURS

Weekdays 5.30am-10pm

Weekends 8am-7pm

Gym open 24/7

Closed Good Friday and Christmas Day

CYCLE STUDIO

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-----------|-----------|--|--|-----------|-----------|-----------|
| 5.45am | V RPM (E) | RPM | V SPRINT | V RPM | V RPM (E) | | |
| 6.20am | V RPM | | V RPM | | V RPM | | |
| 7.15am | V SPRINT | V RPM | V SPRINT | V RPM | V SPRINT | | |
| 8.15am | V RPM | V SPRINT | V RPM | V SPRINT | V RPM | RPM | V RPM |
| 9.30am | RPM | V RPM | COACH BY COLOUR <small>NEW CLASS</small> | V RPM | RPM | V RPM | V RPM |
| 10.45am | V SPRINT | V RPM | V SPRINT | V RPM | V SPRINT | V SPRINT | V SPRINT |
| 11.30am | V RPM (E) | | V RPM (E) | | V RPM (E) | V RPM (E) | V RPM (E) |
| 2.15pm | V RPM | V SPRINT | V RPM | V SPRINT | V RPM | V RPM | V RPM |
| 3.15pm | V RPM (E) | V RPM | V RPM (E) | V RPM | V RPM (E) | V SPRINT | V SPRINT |
| 4.15pm | V SPRINT | V RPM (E) | V SPRINT | V RPM (E) | V SPRINT | V RPM | V RPM |
| 5.30pm | V RPM | V RPM | V RPM | COACH BY COLOUR <small>NEW CLASS</small> | V RPM | V SPRINT | V SPRINT |
| 6.30pm | V SPRINT | RPM | V SPRINT | V RPM | V SPRINT | | |
| 7.30pm | V RPM | V RPM | V RPM | V RPM | V RPM | | |
| 8.30pm | V RPM (E) | V SPRINT | V RPM (E) | V SPRINT | V RPM (E) | | |

V = VIRTUAL (E) = EXPRESS

CLASS DESCRIPTIONS

AQUA MOVERS (45 MINS)

Water-based class suitable for all levels. Improve your fitness with this cardio workout.

AQUA WORKOUT (45 MINS)

Enjoy the benefits of a more energetic workout without stress on your joints!

BARRE (45 MINS)

A low-impact class that will help to strengthen your core, glutes and legs. Inspired by ballet, this fusion of dance moves, pilates and yoga is a great all-body workout.

BODY BALANCE (55 MINS)

A blend of yoga, tai chi and pilates to build your flexibility and strength through controlled breathing, structured stretches and poses.

BODY COMBAT (55 MINS)

A high-energy non-contact workout inspired by martial arts.

BODY PUMP (45/55 MINS)

A strength and conditioning class that uses barbells and weights to target all muscle groups.

BOXING (55 MINS)

High-intensity boxing circuit that incorporates punching and focus pads to improve fitness.

COACH BY COLOUR (50 mins)

Suitable for your individual fitness level but work towards a common goal! Participants are led through five intensity zones (ranging from very light to maximum effort) which are assigned colours.

Throughout the class, the instructor will unify the group, encouraging everyone to progress through the zones together.

CX WORX (30 MINS)

Strengthen your core with this dynamic training using resistance bands and weight plates.

HIIT (30/45 MINS)

High Intensity Interval Training that is proven to get results fast! Circuit-based with a combination of power, agility, and weight training.

LES MILLS BARRE (30 mins)

Inspired by ballet, designed to tone postural muscles and build core strength. This class is a combination of cardio and strength without the traditional barre to support you.

LITE MOVERS (45 mins)

Designed for older adults, this class is low impact at an achievable pace.

PILATES (55 MINS)

Develop core strength and stamina through a focus on breathing patterns, posture and flexibility.

RPM (50 MINS)

An indoor cycle workout that delivers maximal results with minimal impact. Your instructor will lead you through hills, flats, mountain peaks, time trials and interval training.

SPRINT (30 mins)

High-Intensity Interval Training (HIIT) using an indoor bike. Combine bursts of intensity, where you work as hard as possible, with periods of rest to achieve results fast.

STRONG MOVERS (55 MINS)

Designed for older adults, this full-body workout will help improve your strength, fitness and mobility.

TAI CHI (55 mins)

A class that promotes balance and flexibility. Tai Chi can also help to improve circulation and is great for arthritis.

YOGA (55 MINS)

Enhance your vitality and sense of well-being. Improve flexibility, balance, strength and posture.

ZUMBA (45 MINS)

It's a dance fitness party! This aerobic class features rhythms set to high-energy Latin beats.

**V (VIRTUAL CLASS)
E (EXPRESS CLASS)**

Technology-based group fitness class displayed via a projector.
30 minute express version.

PLEASE NOTE:

- Class limits apply – participants must obtain a valid ticket from reception or the kiosk and provide to the instructor upon entry.
- As a courtesy and for safety reasons, participants will not be admitted after the class has commenced.
- Please advise the instructor prior to the class if you are injured, have a medical condition or are pregnant.

- Participants must be aged 16 years and over to attend Body Pump, Boxing and HIIT.
- Minimum age is 12 years for all other group fitness classes.

Please visit our website [cardinalleisure.com.au](https://www.cardinalleisure.com.au) and follow us on Facebook for all the latest updates including public holiday timetables. Classes are subject to change depending on class numbers and instructor availability.