

GROUP EXERCISE CLASSES ARE 45 MINS (unless stated otherwise)

* BYO Towel /Water & Mat preferred

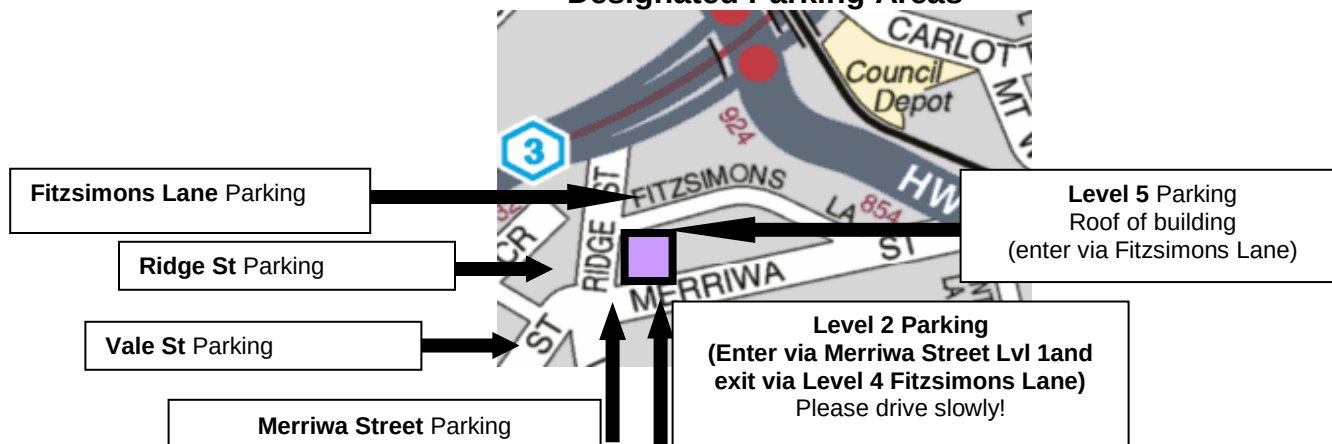
**Download the GymMaster Member App to book your class, class bookings open 7am daily 3 days ahead



Group Fitness Studio	Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
	6.00	HIIT Pari	 Yuko	 Joan	HIIT Pari	Pilates Pari	• Please note different weekend class start times		
	6.30		Small Group Indoor/Outdoor Sim	Small Group Indoor/Outdoor Melissa		7.00am TABATA (30 mins) Pari	7.00	 Sonia	
	8.00	Small Group Indoor/Outdoor Sim	 Bruna	 Yuko		Small Group Indoor/Outdoor Kim	8.15	 Sonia	 Kat
	8.30	8.45am TABATA (30 mins) Sim	Small Group Indoor/Outdoor Sim		Pilates + ZOOM Joan	Ballet Fitness + ZOOM Dilys	8.30	TABATA (30 mins) Em	
	9.30	Pilates + ZOOM Joan	 Alex	 Jo	Low Impact Moves Joan	 Stacey	9.15	 Jo	9.30am  Kat
	10.30	Low Impact Moves Joan	 Alex	 Anita	TABATA (30 Mins) Pari	 Stacey	10.30	Pilates + ZOOM Grace	 Kat
	12.00		 Stacey	Pilates Maria	Power Yoga Jade	 Sue			11:30am PowerYoga + ZOOM Jade
	1.00			 Sue		Pilates Joan	1.00	 Bruna	
	4.30	 Galit	2.00 Ballet Fitness Dilys	2.00 Forever Young 30 mins Sue			3.30	 Joan	
	5.30	 Caitlin	Pilates Jo	 Karin	 Katherine	ABT Pari	*Timetable subject to change **Be early! On time is LATE For safety you are unable to join a class after 5 mins		
	6.30	Yoga Joyce	 Joan	 Liza	 Galit				
		6.45pm Small Group Pari	6.30pm TABATA Syrena						
	7.30		 Joan	Pilates Julia					

Cycle Studio	Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
	6am			Cycle 45 Yuko	Cycle 45 +ZOOM Claire				
	9.45	Cycle 45 Kelly			Cycle 45 Edwina		8.00	Cycle 45 Yuko	
	5.45 PM	Cycle 45 Pari	Cycle 45 Claire				9.15	Cycle Express Em	9.00am + ZOOM Cycle Express Anni

Designated Parking Areas



Management requests that you respect the other tenants in the building and park only in the designated areas.

Class Descriptions



= Easier class suitable for beginners



= Moderate intensity



= Tougher workout

GROUP EXERCISE / CYCLE STUDIO

ABT	Focusing purely on strengthening your abs butts and thighs. A combination of strength enhancing exercises that will target problem areas.	☹☹
LES MILLS BODYATTACK	Sports inspired cardio workout for building stamina. This high energy interval training class combines athletic aerobic movements with strength exercises.	☹☹☹
LES MILLS BODYBALANCE	Structured series of stretches and poses to music creating a holistic workout that brings the body into a state of harmony and balance. It is a fusion of Tai Chi, Yoga and Pilates.	☹☹
LES MILLS BODYCOMBAT	An empowering cardio workout inspired by Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. A fiercely energetic total body program	☹☹☹
LES MILLS BODYPUMP	The original barbell class that will sculpt tone and strengthen your entire body fast. Focusing on low weight loads high repetitions producing lean body muscle conditioning.	☹☹
LES MILLS BODYSTEP	Is an aerobic style workout which utilises an adjustable platform and simple moves that will push your heart rates into high gear.	☹☹
ZUMBA	The Zumba® program fuses Latin rhythms and International music to create a fun, dance based workout.	☹☹
CYCLE EXPRESS (30 mins) CYCLE 45 (45 mins)	A great workout for your heart and lungs, which burns loads of calories. No coordination required for this incredible stationary cycle workout. Great workout for those in a hurry!	☹☹☹
LOW IMPACT MOVES	Gets you in shape with a low-impact, group fitness aerobic and resistance workout. Using your body weight, bands & optional hand-weights, you choose the intensity to energise you.	☹☹
BALLET FITNESS	A gentle, low intensity exercise class set to music. A combination of Ballet steps and Low Impact Exercise designed to increase your strength, flexibility, mobility and balance.	☹☹
FOREVER YOUNG (30 mins)	Stay active, and forever young! A very gentle class focusing on improving strength, flexibility and posture. Minimal floor work. Aims to make your everyday activities easier.	☹
PILATES	Gentle stretching and strengthening exercises targeting back and abdominal core stability. The class may incorporate the use of equipment. Not suitable for people with special needs.	☹
YOGA	A body and mind experience where you will learn traditional Hatha yoga techniques that will help improve your flexibility. Great for stress relief.	☹
POWER YOGA	Is a fitness based Vinyasa Yoga practice. It builds internal heat increases stamina strength and flexibility leaving you energised and centred. Ideal for all participants.	☹☹
HIIT CLASSES (HIGH INTENSITY INTERVAL TRAINING SESSIONS)		
TABATA (30 mins)	Using our gym floor cardio and/or resistance equipment through a 20 sec work: 10 sec rest format; simple but intense exercises	☹☹☹
HIIT / SMALL GROUP TRAINING (45 mins)	Mixed cardio, strength and core workouts using High Intensity Interval Training (HIIT) formats in various areas inside the gym and outside for 45 minutes.	☹☹☹
ZOOM	Select classes will be streamed live via ZOOM! Login Details available to active members only	

Health Club Hours

Mon-Thur 5:30am – 8.30pm
Friday 5:30am – 7pm
Saturday 6.30am – 5pm
Sunday 8am – 1pm (& Public Holidays)

Kids Club Hours

\$2.50 per Mum = 90 minutes
 8.25am - 1.00pm (up to 6yrs)
 8:00am – 12:00pm (up to 13yrs)

Mon– Fri
 Saturday

Big Kids Club

8.25am-1.00pm (Up to 13 yrs)
 Every school holiday break

Mon-Fri

Follow us 😊



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