

GROUP EXERCISE CLASSES ARE 45 MINS (unless stated otherwise)

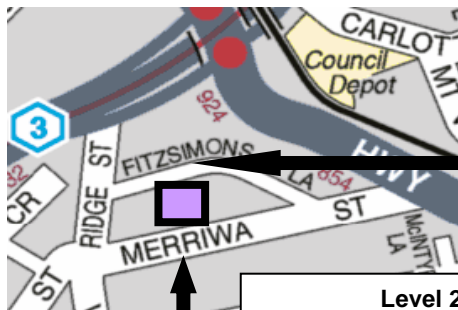
**Download the GymMaster Member App to book your class, bookings open 7am daily 3 days ahead



Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
6.00	HIIT Pari	 Yuko		Pilates Joan	Tabata 30 min Raieka			
	8am Small Group Raieka	6.30am Small Group Raieka	6.30am Small Goup Raieka	6.30am Small Group Sim		7.00	 Sonia	
8.00	8.30am Stretch Joan + ZOOM		 Yuko	Small Group Sim	Small Group Cara			
8.30	8.45am Tabata 30 min Raieka	Pilates + ZOOM Edwina		Pilates + ZOOM Joan	Ballet Fitness Olivia	8.15	 Sonia	 Kat
9.30	Pilates + ZOOM Joan	 Anita	 Jo	Low Impact Moves Joan	CARDIO BLAST Joan	9.15	 Nicole	 Kat
10.30	Low Impact Moves Joan	 Liz	10.45am Fitball Fitness Sonia	 Olivia	 Joan	10.15	Pilates + ZOOM Edwina	 Kat
12pm	11:00am Small Group Christina	 Erny	Pilates + ZOOM Olivia	11:00am Small Group Em	11.30am Pilates (30 mins) Anita	11.15	 Caitlin M.	11.30am Power Yoga + ZOOM Jade
1.00			 Sue		12:15pm Sue	12.15	 Joan	
			2.00 (30 mins) Forever Young Sue		1.05pm Stretch Joan	*SMALL GOUP TRAINING CLASSES: MAXIMUM 3 CLASSES PER WEEK PER MEMBER		
4.30	 Galit		Yoga Sophie		4.45pm ABT Burn 30 mins + Zoom Edwina	* BYO Towel & own Mat preferred		
5.30	 Caif R.	Pilates Jo	 Nicole	 Katherine	 Katherine	ZOOM: Offers live streaming to participate from home!		
6pm	Small Group Pari			Small Group Edwina		**Be early! On time is LATE For equipment based classes such as Body Step, Body Pump, Low Impact & Mat based classes it is ESSENTIAL to arrive early to safely set up.		
6.30	Yoga Joyce	 Joan	 Isabel	 Galit		*Timetable subject to change		
7.30		 Joan	Pilates Julia	Level 2, 7-9 Merriwa Street, Gordon 2072 Ph. 9499 2477 www.bodyshape.com.au enquiriesgordon@bodyshape.com.au				

Cycle Studio

Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
			6am Cycle 45 Yuko		6am Cycle 45 Amanda			
9.45 am	Cycle 45 Em			Cycle 45 Edwina		8am	Cycle 45 Edwina	
5.45 pm	Cycle 45 Anita	Cycle 45 Amanda					9.15am Cycle Express Edwina	9am Cycle Express Anni



Level 5 Parking
Roof of building
(enter via Fitzsimons Lane)

Merriwa Street Parking

Level 2 Parking
(Enter via Merriwa Street Lvl 1 and exit via Level 4 Fitzsimons Lane)
Please drive slowly!

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

Class Descriptions



= Easier suitable for beginners



= Moderate intensity



= Tougher workout

CARDIO BLAST	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. * Please arrive 10 minutes before Body Pump class start time for equipment set up	☹☹
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 FITNESS	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 low impact exercise class set to music. A combination of Ballet steps with core work designed to increase your lower body and core strength, flexibility and balance.	☹
FITBALL FITNESS	Fitballs are used to improve cardiovascular fitness, strength, stability, balance and core strength through a variety of low impact exercises and movements.	☹☹
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.	☹
STRETCH CLASS	A Full body stretch class to increase your flexibility. Bring your own mat to be more comfortable or a full size towel to lie on	☹
PILATES (Mat)	Strengthening & stability exercises targeting back & abdominal muscles, with gentle stretches. 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 more dynamic Yoga practice. It builds internal heat increases stamina strength and flexibility leaving you energised and centred. Ideal for all participants.	☹☹
ABT BURN	A targeted 30 minute lower body 'burn' workout to work the Abs, Butt and Thighs! Using a variety of body weight exercises, bands, light weight work through various intervals on the gym	☹☹
TABATA (30 mins)	Using our gym floor cardio, boxing and/or resistance equipment through a 20 sec work: 10 sec rest format; simple but intense exercises. Arrive warmed up!	☹☹☹
HIIT	In the Group Exercise room using a mix of resistance equipment, cardio exercises and core work in various time based formats designed to increase your heart rate Arrive warmed up!	☹☹☹
SMALL GROUP TRAINING (45 mins)	Mixed cardio, strength and core workout in various areas inside the gym and outside for 45 minutes. Arrive warmed up! Maximum 3 Small Group Classes / week	☹☹☹

Health Club Hours

Mon-Wed 5:30am – 8.30pm
Thursday 5:30am - 7:30pm
Friday 5:30am – 7pm
Saturday 6.30am – 2pm
Sunday 8am – 1pm (& Public Holidays)

Kids Club Hours

\$3.00 PER CHILD = 90 minutes

Mon– Fri 8.25am -12.45pm (up to 6yrs)
Saturday 8:00am – 11:30am (up to 13yrs)

Big Kids Club

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

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