

TEMPORARY

# GROUP FITNESS TIMETABLE

10 March to 13 March + public holiday 14 March



Online pre-bookings are essential for Group Fitness Classes.  
Timetables are subject to change. Please visit our website  
group fitness timetable for the latest updates.  
[saaquatic.ymca.org.au/fitness/group-fitness-timetable](http://saaquatic.ymca.org.au/fitness/group-fitness-timetable)



# GROUP FITNESS STUDIO

**16+** These classes use weights and are not suitable for individuals aged under 16 years of age.

	THU 10 MAR	FRI 11 MAR	SAT 12 MAR	SUN 13 MAR
5:45 AM	<b>EPIC POWER</b> 45 min <b>16+</b>	<b>POWER PILATES</b> 60 min		
6:00 AM				
7:00 AM	<b>FUNCTIONAL FULL BODY CIRCUIT</b> 45 min			
7:15 AM			<b>ULTIMATE BODY POWER</b> 45 min	
7:45 AM		<b>MATURE MOVERS</b> 45 min <b>16+</b>		
8:00 AM	<b>DRU YOGA GENTLE</b> 60 min			
8:15 AM			<b>BODYPUMP</b> 45 min <b>16+</b>	<b>POWER PUMP</b> 45 min <b>16+</b>
9:00 AM				
9:15 AM	<b>PILATES FLEX, SCULPT &amp; TONE</b> 60 min	<b>BODYPUMP</b> 60 min <b>16+</b>	<b>BODYATTACK</b> 45 min	<b>PILATES FLEX, SCULPT &amp; TONE</b> 60 min
10:15 AM	<b>BODYPUMP</b> 60 min		<b>BOX FIT</b> 60 min	
10:30 AM		<b>HATHA YOGA</b> 60 min		<b>BODYBALANCE</b> 60 min
11:15 AM				
11:30 AM			<b>ZUMBA</b> 60 min	<b>VERAFLOW</b> 60 min
4:00 PM		<b>ABS AND BOOTY BLAST</b> 45 min		
4:30 PM			<b>RAJA YOGA</b> 60 min	
4:45 PM	<b>TOTAL BODY STRENGTH</b> 45 min			
5:45 PM	<b>BOXING</b> 50 min			
6:00 PM		<b>ZUMBA</b> 45 min		
6:45 PM	<b>YOGA</b> 45 min			
7:00 PM		<b>YOGA FOR STRESS RELIEF</b> 60 min		
7:45 PM	<b>MINDFUL BLISS</b> 45 min			

## MON 14 MAR PUBLIC HOLIDAY FULL TIMETABLE

### Group Fitness Studio:

- 7.15am Epic Cardio with Melissa
- 8.15am Total Body Strength with Lori
- 9.15am Butts, Thighs & Tummies with Nicole
- 10.15am Total UpperBody Burn with Nicole
- 4.00pm BodyAttack with Jane
- 5.15am Pilates with Kim
- 6.15am Yoga with Kim

### Aqua Shallow Water:

- 7.15am Aqua with Clive
- 8.15am Aqua Kick, Splash, Jab with Belinda
- 9.15am Aqua Zumba with Belinda

### Reformers Studio:

- 8.15am Reformer Power Pilates with Sam
- 9.15am Reformer Power Pilates with Sam
- 10.15am Reformer Pilates Blend with Sam
- 4.00pm Reformer Cardio Sculpt with Bridget
- 5.00pm Reformer Lower Body blast with Bridget
- 6.00pm Reformer Pilates Blend with Bridget

### Cycle Studio:

- 7.15am RPM with Jacque
- 8.15am Spin Power with Clive
- 9.15am Spin with Lori

	THU 10 MAR	FRI 11 MAR	SAT 12 MAR	SUN 13 MAR
6:00 AM	AQUA (S) 60 min			
7:45 AM		AQUA (S) 75 min		
8:00 AM	AQUA (S) 60 min			
9:15 AM	AQUA ULTIMATE (S) 45 min			
10:00 AM				
10:15 AM				
1:00 PM			AQUA ZUMBA (S) 45 min	AQUA (S) 50 min
2:00 PM				AQUA (S) 50 min
7:00 PM	AQUA DANCE PARTY (S) 60 min			
7:15 PM				
7:00 PM		AQUA DISCO (S) 45 min		

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# CYCLE STUDIO

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5:45 AM		SCHWINN 45 min		
6:15 AM			SPIN POWER 45 min	
7:00 AM	SPIN POWER 45 min			
7:15 AM				
8:00 AM				
8:15 AM	SPIN 45 min	SPIN POWER 45 min		
8:45 AM			RPM 45 min	
9:15 AM		SPIN POWER 45 min		
9:45 AM			RPM 45 min	
5:00 PM		SPIN 45 min		
5:45 PM	RPM 45 min			

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# OUTDOOR GARDEN

	THU 10 MAR	FRI 11 MAR	SAT 12 MAR	SUN 13 MAR
8:00 AM				
8:15 AM			BODYBALANCE 60 min	

# WELLNESS ROOM

	THU 10 MAR	FRI 11 MAR	SAT 12 MAR	SUN 13 MAR
5:45 AM				
7:45 AM				
8:15 AM				
9:15 AM				
10:15 AM				
10:45 AM	<p><b>PLEASE CHECK THE GROUP FITNESS STUDIO TIMETABLE. SOME CLASSES HAVE BEEN MOVED.</b></p>			
11:45 AM				
5:00 PM				
5:15 PM				
5:45 PM				
6:00 PM				
6:45 PM				
7:00 PM				
7:45 PM				

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# REFORMERS STUDIO

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5:45 AM	REFORMER POWER PILATES 50 min			
6:00 AM				
6:15 AM		REFORMER CARDIO SCULPT 50 min		
7:00 AM	REFORMER CARDIO SCULPT 50 min			
7:15 AM		REFORMER PILATES BLEND 50 min		
8:00 AM	REFORMER LOWER BODY BLAST 50 min			REFORMER LOWER BODY BLAST 50 min
9:00 AM				
9:15 AM	REFORMER POWER PILATES 50 min	REFORMER POWER PILATES 50 min	REFORMER POWER PILATES 50 min	REFORMER PILATES FOR RECOVERY 50 min
10:00 AM				
10:15 AM	REFORMER LOWER BODY BLAST 50 min	REFORMER POWER PILATES 50 min	REFORMER POWER PILATES 50 min	REFORMER PILATES FOR RECOVERY 50 min
11:00 AM				
11:15 AM	REFORMER PILATES BLEND 50 min	REFORMER POWER PILATES 50 min		
12:30 PM				
1:00 PM				
2:00 PM				
4:00 PM				
5:00 PM	REFORMER PILATES BLEND 50 min			
6:00 PM	REFORMER POWER PILATES 50 min			
7:00 PM	REFORMER CARDIO SCULPT 50 min			

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