














Group Fitness Timetable effective JANUARY 11th Ph 8555 0777
11 Dowdodd Crs, GOOLWA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00		AQUA MOVES (at VH Primary)		AQUA MOVES (at VH Primary)			
8.15							
9.15							
9:30							
10.30		MOVERS Low impact		MOVERS Low impact	PILATES MAT		
4.00 pm			F.I.T KIDS*				
5.00 pm							
5.30			* Boxing	Belly Dancing			
6.00							
6.30							
7.00		PILATES BALL					

CLASS DESCRIPTIONS

BODY PUMP- the original barbell class that strengthens your whole body. Challenge all major muscle groups with weight room favourites such as squats, presses, lifts and curls, set to motivating music. You control the weight! Improve strength, fitness, muscle shape and tone. Get results-fast!

BODYPUMP EXPRESS - 30 minute bodypump class. Warm-up, squats, chest, back & core. Still gives you a full workout as these exercises target large muscles, but also work the smaller ones (shoulders, triceps, biceps) as they assist the larger muscles in the above mentioned exercises. Have you got minimal time but want max. results?? -Try **BODYPUMP EXPRESS!** Boost your metabolic rate & burn calories.

BODY COMBAT - non contact Les Mills martial arts based fitness program with moves drawn from karate, boxing, muay thai, kung fu, tae kwon do and tai chi. Each class provides a dynamic and energetic experience that will improve your fitness and weight loss.

BODY BALANCE – the yoga, pilates & tai-chi workout that builds flexibility and strength. A carefully structured series of stretches, controlled breathing & concentration leaves you feeling calm, centred & brings your body into a state of harmony & balance.

BODY STEP – using a height adjustable step and simple movements, body step is the energising step workout that leaves you feeling liberated and alive. Have fun with the sing-a-long music while the cardio blocks push your fat burning systems into high gear, followed by muscle conditioning tracks that shape and tone your body.

RPM—a 50 minute indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of 20-25 kilometres of varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed

PILATES MAT- floor exercises based on the Joseph Pilates method of movement awareness with a focus on core stability and flexibility.

PILATES BALL- floor exercises based on the Joseph Pilates method, focusing on the core movement control and incorporating the fitball and mini-ball. Fantastic to tone the mid-section.

MOVERS – this low impact class combines low intensity aerobics, strength training and floor exercises. Participants are encouraged to exercise at their own pace and is suitable for seniors.

MOVERS + - a low impact class which combines aerobic and strengthening exercises. Using a variety of equipment such as steps, hand weights and fitballs. Suitable for beginner/moderate fitness levels.

Belly Changes – Ancient moves to modern grooves.....Low impact, abdominal control and most of all, FUN!

BOXING – work with a partner to execute boxing combinations-jabs, hooks ,uppercuts– fight your way through this course of fitness & fun. Channel your inner Mohammed Ali! (runs in blocks-see reception for next start date).

f.i.t. KIDS - 40 minute supervised exercise session for children 7-13 years of age. Circuit based exercises including cardio, body weight exercises and FUN games! Kick start your child on the way to healthy living. \$7.00 per session– Bookings essential!

AQUA MOVES - group fitness exercises in water held at Victor Harbor R-7 School swimming pool (The Parkway, Victor Harbor) Run during school terms only.

