

APR - JUN '18

# GROUP FITNESS TIMETABLE



 **ANGELO ANESTIS**  
AQUATIC CENTRE

MON - FRI	5.30am - 9.00pm
SAT - SUN	6.00am - 8.00pm
PUBLIC HOLIDAYS	8.00am - 6.00pm

 9150 5288

[www.bexleyaquatic.com.au](http://www.bexleyaquatic.com.au)

# GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 am	Tabata	<b>FX30</b>	Cardio Boxing	<b>FX30</b>	<b>FX30</b>		
7:00 am	Abs & Stretch					<b>FX30</b>	
7:30 am							
8:00 am			Silver Sneakers		Silver Sneakers	<b>LES MILLS BODYPUMP</b>	
9:00 am						<b>LES MILLS BODYBALANCE</b>	
9:30 am	<b>LES MILLS BODYPUMP</b>	Yoga	<b>LES MILLS BODYCOMBAT</b>	Abs & Stretch	<b>ZUMBA fitness</b>		
10:00 am							
10:30 am			Mat Pilates				<b>FX30</b>
11:00 am	ABT						Abs & Stretch
5:30 pm	<b>LES MILLS BODYBALANCE</b>	<b>FX30</b>	Tabata				
6:30 pm	<b>LES MILLS BODYPUMP</b>	<b>ZUMBA fitness</b>	<b>LES MILLS BODYPUMP</b>	Cardio Boxing			
7:30 pm	<b>LES MILLS BODYCOMBAT</b>	Mat Pilates	Yoga	<b>ZUMBA fitness</b>			

## POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 am		Aqua Aerobics		Aqua Aerobics			
7.15 pm			Aqua Aerobics				

## UPCOMING PUBLIC HOLIDAYS

Anzac Day Wed 25th April	8am - 6pm	No Classes
Queen's B-day Mon 11th June	8am - 6pm	No Classes

<b>Abs &amp; Stretch</b>
 <b>LES MILLS BODYBALANCE</b>
 <b>LES MILLS BODYCOMBAT</b>
 <b>LES MILLS BODYPUMP</b>
<b>Cardio Boxing</b>
<b>FX30</b>
<b>Pilates</b>
<b>Silver Sneakers</b>
<b>Yoga</b>
 <b>ZUMBA fitness</b>
<b>Aqua Aerobics</b>
<b>ABT</b>
<b>Tabata</b>

A class designed to tone your abs and improve your core strength. It includes various abdominal exercises and is followed by 15m inutes of stretching to ensure you are feeling flexible and energised.

Pre-choreographed Les Mills class combining elements of yoga, pilates, stretching, tai chi & meditation. This class helps to lengthen muscle, release tension & leave you with an overall sense of balance & calm.

Pre-choreographed Les Mills class combining elements of boxing, karate, kung fu, capoeira and other martial arts. This non-contact workout to music helps improve your fitness and burn calories!

Pre-choreographed Les Mills class performed to fun music using barbells and adjustable weight plates to tone and condition your muscles.

High intensity interval workout using a combination of boxing drills, cardiovascular and stregth conditioning exercises, focusing on fitness rather than co-ordination.

30 minutes of intense function training incorporating equipment such as battle ropes, kettlebells and plyometric boxes.

Tone your body by combining movement and breathing to develop core stability and strength. This class also helps improve flexibility and energy levels.

An overall fitness class specifically designed for seniors or de-conditioned participants.

Combinations of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind.

A fusion of Latin & International dance themes that create a dynamic, exciting and effective fitness class. Routines feature interval training sessions and resistnace training to tone and sculpt your body while burning fat.

Great interval workout in the pool using minimum impact moves to develop strength & fitness. A fun class suitable for all fitness levels!

ABT stands for Abs, Butt and Thighs. This class will help you shrink and define your tummy, waist-line, hips, thighs and buttocks in an intense 30 minute class.

Tabata consists of short, intense periods of aerobic exercise & less intense recovery periods. Scientifically proven to burn fat faster and dramatically increase fitness levels.