

JUL - SEP '18

GROUP FITNESS TIMETABLE



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

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GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Tabata						
6:15 am		FX30	Cardio Boxing	FX30	FX30		
6:45 am	Abs & Stretch						
7:00 am						FX30	
8:00 am			Silver Sneakers		Silver Sneakers	LES MILLS BODYPUMP	
9:00 am						LES MILLS BODYBALANCE	
9:30 am	LES MILLS BODYPUMP	Yoga	LES MILLS BODYCOMBAT	Abs & Stretch	ZUMBA fitness		
10:30 am	ABT		Mat Pilates				FX30
11:00 am							
5:30 pm	LES MILLS BODYBALANCE						
5:45 pm		FX30	Tabata	Tabata			
6:30 pm	LES MILLS BODYPUMP	ZUMBA fitness	LES MILLS BODYPUMP	Cardio Boxing			
7:30 pm	LES MILLS BODYCOMBAT	Mat Pilates	Yoga	ZUMBA fitness			

POOL

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

Abs & Stretch

A class designed to tone your abs and improve your core strength. It includes various abdominal exercises and is followed by 30 minutes 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.

Cardio Boxing

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

FX30

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

Pilates

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

Silver Sneakers

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

Yoga

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 resistance training to tone and sculpt your body while burning fat.

Aqua Aerobics

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

ABT

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

Tabata

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