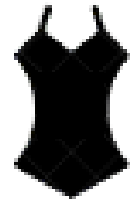


GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS

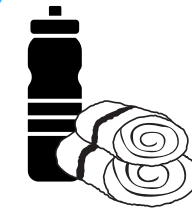
For the full guide, see our website at <https://alburywodongaaquatics.com.au/bookings>



Shower thoroughly at home using soap. **Aqua classes only.**



Dress in appropriate workout or swim attire before leaving home



Pack your towel and water bottle

Group Fitness Description

All classes 45 minutes in length unless indicated otherwise.

Spinning

This freestyle ride replicates riding outdoors, on flats and hills, while cycling to your favourite music. Suitable for all fitness levels.

Spartan

High intensity training incorporating functional and strength/weighted movements. This class is designed to test your limits and prepare you for the endurance and strength needed for a spartan race.

Move n Tone

Focused on movement, mobility and balance by use of light dumbbells and swinging patterns. A great fun workout to get your whole body moving and toned.

LESMILLS **BODYPUMP**

A virtual workout to get lean, toned and fit, fast. Burn up to 590 Calories using light to moderate weights

LESMILLS **RPM VIRTUAL**

A virtual indoor cycling class, set to the rhythm of motivating music. Burn up to 620 calories a workout and get fit fast.

LESMILLS **BODYCOMBAT**

Step into a virtual BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up 740 Calories along the way.

LESMILLS **BODYBALANCE**

A virtual yoga-based class that will improve your mind, body and life. You'll strengthen your entire body and leave the class feeling calm and centred.

LESMILLS **SH'BAM**

A fun loving, insanely addictive dance workout SH'BAM is an ego-free zone - no dance experience required. All you need is a playful attitude and get ready to smile.

Relentless

Relentless is a small group based training session where the coach runs a maximum of 10 people through a specifically designed program incorporating functional, strength and conditioning varied workouts.

Stretch & Flex

A low impact class designed to help improve flexibility, mobility, balance and core strength. Incorporating both static and dynamic stretching techniques for all abilities..

Aqua

Designed with all participants in mind. Use the water resistance to challenge your entire body.

Meta PWR

Circuit based training offering functional high intensity training in a variety of formats. Join Meta PWR and improve your strength and agility.

Booty Busta

A lower body glute and leg workout that will be sure to shape and tone you in all the right places!! This 30 min workout will definitely bust your booty!

Remember to arrive no earlier than 5 minutes before the listed class time