

















GROUP FITNESS TIMETABLE

Starting the 22nd June

Please arrive no earlier than 5 minutes prior to the listed time to allow for our new check-in process and safe entry into the class.

KEY:  **Virtual**  **Live Instructor**

Group Fitness Studio							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	 LESMILLS BODYCOMBAT	 LESMILLS BODYPUMP	 LESMILLS BODYBALANCE	 LESMILLS BODYPUMP	 LESMILLS BODYBALANCE		
8:30am	RIP		Stretch & Flex	Alternative Trio		 LESMILLS BODYPUMP	 LESMILLS BODYPUMP
9:45am	 LESMILLS BODYPUMP	Meta PWR	 LESMILLS BODYPUMP		Circuit	 LESMILLS BODYBALANCE	 LESMILLS BODYBALANCE
11:00am			RIP				
5:15pm	 LESMILLS BODYBALANCE	 LESMILLS BODYPUMP	 LESMILLS SH'BAM	 LESMILLS BODYCOMBAT	 LESMILLS BODYPUMP		

** Aqua classes will commence 5 minutes after the listed time to allow for safe entry into the pool

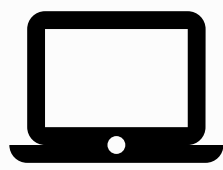
Aqua 25m Pool							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:45am	Aqua	Aqua	Aqua	Aqua			
11:00am	Aqua	Aqua	Aqua	Aqua			

Studio 2							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Relentless		Relentless		Relentless		
9:45am				Stretch & Flex			
5:15pm	Relentless		Relentless		Relentless		

RPM Studio							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	LESMILLS RPM VIRTUAL		LESMILLS RPM VIRTUAL		LESMILLS RPM VIRTUAL		
7:15am		LESMILLS RPM VIRTUAL		LESMILLS RPM VIRTUAL		LESMILLS RPM VIRTUAL	
8:30am							LESMILLS RPM VIRTUAL
9:45am	Spinning	Spinning	Spinning	LESMILLS RPM VIRTUAL	LESMILLS RPM VIRTUAL		
4:00pm						LESMILLS RPM VIRTUAL	LESMILLS RPM VIRTUAL
5:15pm	LESMILLS RPM VIRTUAL	LESMILLS RPM VIRTUAL	LESMILLS RPM VIRTUAL	Spinning	LESMILLS RPM VIRTUAL		

GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS

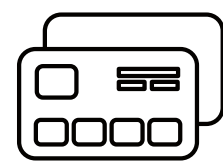
For the full guide, see our website at <https://alburywodongaaquatics.com.au/bookings>



Book your class via our online booking portal. Website listed above.



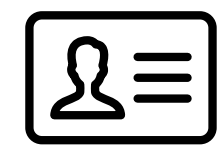
Shower thoroughly at home using soap. **Aqua classes only.**



Pack your EFTPOS card. We are temporarily a cashless facility



Dress in appropriate workout or swim attire before leaving home



Pack your photo ID.



Pack your towel and water bottle

REMEMBER TO ARRIVE NO EARLIER THAN 5 MINUTES BEFORE THE LISTED CLASS TIME

Group Fitness Description



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



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



Step into a virtual BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up 740 Calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves.



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

RIP

A 45-minute barbell program for able-bodied men and women of all ages. Appropriate for all fitness levels keeping it simple with athletic movements such as squats, lunges, chest press and bicep curls. It is choreographed to be achievable by the average person yet allows seasoned lifters and other well-conditioned athletes to work to their own fitness level.

Relentless

Relentless is a small group based training session where the coach runs a maximum of 8 people through a specifically designed program. The program will include a variety of training techniques such as TRX, bodyweight circuit, functional movement and more.

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. Stretch and Flex Flow is great for recover and creating better movement throughout the body.

Aqua

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

Alternative Trio

Focus on movement, mobility, and balance by using three styles of exercise. Swing using a single light dumbbell and swinging patterns. Swiss Ball exercise and cardio workout as well as body conditioning and floor exercise.

Circuit

Circuit based training offering functional high intensity training in variety of formats.

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