

# GROUP FITNESS TIMETABLE

Commencing 12th April

WODONGA  
SPORTS & LEISURE  
CENTRE



KEY:

Virtual

CARDIO

Flexibility,  
Wellbeing and Tone

Strength and  
Conditioning

## Group Fitness Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYBALANCE	LESMILLS BODYPUMP	LESMILLS BODYBALANCE		
9:00am						LESMILLS BODYPUMP	LESMILLS BODYPUMP
9:30am	BODYPUMP	Move n Tone	CIRCUIT45	Move n Tone	CIRCUIT45		
10:00am						LESMILLS BODYBALANCE	LESMILLS BODYBALANCE
10:30am	Stretch45	Yoga	Stretch Yoga		Stretch & Flex		
5:30pm	LESMILLS BODYPUMP		LESMILLS BODYPUMP		LESMILLS BODYPUMP		

## Aqua 25m Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am	Aqua	Aqua		Aqua			
9:30am	Aqua	Aqua	Aqua	Aqua			
10:30am	Aqua		Aqua				

## Group Fitness Studio 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Relentless		Relentless		Relentless		
9:30am	CIRCUIT45						
5:30pm	Relentless	LIFT45	Relentless		SPARTAN		

## RPM Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Spin Beats	LESMILLS RPM VIRTUAL	LESMILLS RPM VIRTUAL	LESMILLS RPM VIRTUAL	LESMILLS RPM VIRTUAL		
7:00am		LESMILLS RPM VIRTUAL		LESMILLS RPM VIRTUAL		Spin Beats	
9:30am	Spinning		Spinning		LESMILLS RPM		LESMILLS RPM VIRTUAL
10:30am		Spin30		Spin30			
4:00pm						LESMILLS RPM VIRTUAL	
5:30pm	Spin Beats	LESMILLS RPM VIRTUAL	LESMILLS RPM VIRTUAL	LESMILLS RPM VIRTUAL	LESMILLS RPM VIRTUAL		

# GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS

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



Pack your towel and water bottle



Dress in appropriate workout or swim attire before leaving home



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

## Group Fitness Description

### Flexibility / Wellbeing and Tone

#### YOGA

Yoga is a type of exercise in which you move your body into various positions in order to become more flexible, to improve your breathing and to relax your mind.

#### Stretch45

You will find your flow with this relaxing stretch and mobility session aimed at improving your mobility and balance. Have a week of workouts ahead of you? Start your week by lengthening and stretching those muscle groups to get the most out of your workouts.

#### Move n Tone

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

#### 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 recovery and creating better movement throughout the body.



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.

#### Stretch Yoga

A fitness based inspired yoga designed to build strength and flexibility. Suitable for all fitness levels where you can choose different options for stronger or similar poses. It encourages us to let the pose fit our abilities and let go of judgment, expectations and competition.



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

### CARDIO



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

#### Spin30

High Intensity 30 minute high paced cycle workout to get your heart rate pumping and burning calories FAST!! Incorporating interval sprints, hills and music that will leave you wanting more!

#### Spinning

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

#### Spin Beats

Spin Beats and enjoy the ride with the high intensity workout incorporating modern tracks to get your heart rate pumping as much as the music!!!  
**CLIP IN, HOLD ON AND GET READY TO RIDE!**

#### SPARTAN

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

### Strength and Conditioning

#### RELENTLESS

Incorporating a varied training program across an 8-week block. This small group training will give you a great strength and conditioning workout. Incorporating AMRAPs, EMOM, Chippers and more we will give you measured guidance in movement and progressive strength. We are here to see you evolve and test your mindset. Not just your fitness.  
All workouts are scaled to assist with your personal fitness level

#### CIRCUIT45

Interval-based circuit training incorporating a range of movement including bodyweight, plyometrics and varied strength equipment such as slam balls, battle ropes and kettlebells. Step out of your comfort zone and test your strength, cardio fitness, and stamina.



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

#### LIFT45

Strength class teaching correct form and technique. Emcompassing all facets of the fundamentals of compound lifting and other lifts in a 4 week rotational block working up to your best 1RM

### Aqua

Designed with all participants in mind. Use the water resistance to challenge your entire body. All workouts are designed to do at your own pace and offer a great non weight bearing workout for all fitness levels.