

GROUP FITNESS TIMETABLE

Starting 14 January 2021



CLASS	DESCRIPTION	DURATION	INTENSITY	BURN RATE	EQUIPMENT	RESULT
LES MILLS BODYBALANCE	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered.	45 Minutes	Low to Moderate	Up to 410 calories	BYO yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
LES MILLS BODYPUMP	Weight-based resistance training for a total body workout	45 Minutes	Moderate to High	Up to 480 calories	Barbell, plates and steps	Increased strength and endurance, tones and shapes
SALTI AQUA	Balance on a large float on the water to activate all stabilizing muscles and to keep you focused. Be prepared to get wet, fall in and have fun.	45 Minutes	Moderate to High	N/A	Salti Float	Cardio, muscular strength endurance, mobility and flexibility
Body Blitz	This combination class offers a variety of fitness styles and works on core, cardio and strength. Outdoor training in day light saving hours.	45 Minutes	Moderate	Up to 350 calories	Variety of equipment (steps, balls, hand weights, skipping ropes)	Cardio, strength and core training
Pilates	A series of non-impact exercises for balance, flexibility and posture.	55 Minutes	Low	Up to 350 calories	Mats, bolster, balls	Improved posture, flexibility and mindfulness
Aqua Fit	Water resistance training; low-impact aerobic exercise. Gentle classes are lower intensity and great for beginners, pre and post pregnancy and seniors.	45 Minutes	Low to Moderate	Up to 410 calories	Aqua dumbbells, noodles, webbed gloves and aqua belts	Improved strength, flexibility and muscle endurance
Aqua Circuit	A station formatted workout incorporating different movements using a variety of equipment in the pool. Often each station is timed based but with simple moves done repetitively. A great all over workout and suitable for all fitness levels.	45 Minutes	Low to Moderate	Up to 410 calories	Noodles, water dumbbells and kick boards	Improved strength and muscle endurance
Aqua Deep	A zero-impact high intensity deep water workout.	45 Minutes	Moderate to High	Up to 500 calories	Flotation belts	Improved cardiovascular fitness and muscle conditioning
Up & Active Outdoors	An outdoor training class incorporating all your favourite bootcamp activities. Activities incorporating use of ropes, tyres, dumbbells, and medicine balls to give a great cardio and endurance strength work out.	45 Minutes	Moderate to High	Up to 550 calories	Battle ropes, sandbags, tyres and medicine balls	Cardio and strength and endurance training
Better Balance	A program that helps with some of the issues relating to balance as we age. It addresses gait issues, vestibular issues and works to improve confidence, so that if you trip or slip you may be able to save yourself.	45 Minutes	Low	Up to 280 calories	Chairs, balls, steps and gym sticks	Improved balance and muscular strength
STRENGTH for life 50+	Supervised strength training program designed for those 50Y+	55 Minutes	Low	Up to 280 calories	Resistance equipment	Increased strength and coordination, meet new friends
SFL AQUA 50+	A supervised, low-impact workout in the hydrotherapy pool *\$30 assessment fee applies	45 Minutes	Low	Up to 300 calories	Aqua dumbbells, pool noodles ankle weights, steps and hand paddles	Builds cardio, strength and resistance while being easy on the joints
aqua ZUMBA	A low-impact, high-energy aquatic exercise that blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!	45 Minutes	Low	Up to 350 calories	Nil	Tone and sculpt your body while burning calories
HIIT	High intensity interval training in a circuit format with cardio and strength exercises.	45 Minutes	High	Up to 450 calories	Steps, balls, hand weights, skipping ropes	Cardio and endurance fitness
Aqua Tabata	Consists of simple moves done in the pool that are timed with 20 seconds maximum effort and 10 seconds rest. A great way of getting your heart rate up!	45 Minutes	Moderate to High	Up to 410 calories	Noodles, dumbbells and steps	Cardio fitness
Aqua Step	A fun class done in the water with the use of an aqua step. Some choreography is involved to make you think.	45 Minutes	Moderate	Up to 410 calories	Aqua step	Cardio, balance and flexing your memory
Functional Pilates	A series of non-impact exercises mainly done on the floor with the use of a roller or dumbbells	55 Minutes	Low	Up to 350 calories	Rollers, dumbbells	Improved posture, flexibility and mindfulness



Book your class via our **YMCA SA** App available on iOS and Android



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Fleurieu Aquatic Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am		NEW SALT <small>Y</small> AQUA ⁴⁵	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	Up & Active Outdoors		
8:00am	Aqua Fit (Gentle) ⁴⁵	STRENGTH for life 50+	STRENGTH for life 50+	STRENGTH for life 50+	STRENGTH for life 50+		
8:15am						aqua ZUMBA ⁴⁵	
9:00am		Aqua Fit (Gentle) ⁴⁵		Aqua Fit (Gentle) ⁴⁵		Pilates	SALT <small>Y</small> AQUA
9:30am					NEW Aqua Step ⁴⁵		
10:00am	Aqua Fit ⁴⁵		Aqua Fit ⁴⁵				
11:00am		STRENGTH for life 50+	STRENGTH for life 50+	Aqua Deep	Aqua Fit ⁴⁵		
12:15pm	Pilates			SFL AQUA 50+	Pilates		
1:15pm					SFL AQUA 50+		
1:30pm		NEW Functional Pilates					
2:00pm		Aqua Circuit (Gentle) ⁴⁵	Aqua Circuit (Gentle) ⁴⁵	NEW Aqua Tabata ⁴⁵	Aqua Fit ⁴⁵		
3:00pm	STRENGTH for life 50+		Better Balance	STRENGTH for life 50+			
5:45pm	LES MILLS BODYPUMP	Body Blitz	Pilates	Pilates			
7:00pm	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	Aqua Deep	SALT <small>Y</small> AQUA			

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes

ACTIVE ADULTS 60Y+

Active Adults members have access to Strength for Life, S4L Aqua, Aqua Fit, Pilates and Better Balance.

ACTIVE YOUTH 13Y – 15Y

Active Youth members have access to all classes except HIIT and BodyPump.

GYM ONLY MEMBERSHIP

Gym only members have access to Body Blitz, Pilates, Up & Active Outdoors and HIIT.

OPENING HOURS

Monday to Thursday : 6am - 8pm
 Friday : 6am - 7pm
 Weekends : 8am - 5pm
 Public Holidays : 8am - 5pm

Extended gym hours

Monday to Thursday 6am - 9pm

SAFETY MEASURES

- Some group fitness classes may have reduced capacity adhering to government requirements.
- Please book your group fitness online to avoid queuing at Customer Service and disappointment in case your desired class reaches occupancy.
- A towel and your own water are required (no exceptions). Water fountains are currently closed.
- Whenever possible bring your own equipment (yoga mats, boxing glove inners, etc).
- Sanitize and wipe down equipment before and after use.
- Adhere to floor markings for designated social distancing.
- Always follow directions from the Covid Marshal on duty

Please note that the class timetable is subject to change based on attendance, demand, instructors and on the health advice of the South Australian Government.



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