

CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
LES MILLS BODYPUMP	Weight-based resistance training for a total body workout.	45 Minutes	Moderate to High	Barbell, plates and steps	Increased strength and endurance, tones and shapes.
metafit	Full body weight HIIT training – combination of strength, plyometrics and core. Designed to keep your body burning calories for up to 24hrs.	45 Minutes	High	Bodyweight	Boosts metabolism, burns fat, improves strength, speed and cardiovascular fitness.
meta PWR	A metabolic resistance workout, combining bodyweight and weighted compound exercises to maximise calorie burn and increase your metabolic rate during and after the workout.	45 Minutes	Moderate to High	Kettlebells, power bags, battle rope, wall balls and cones	Increased cardio fitness, strength and endurance, tones and shapes.
Body Blitz	A high intensity class that incorporates cardio and body weight moves to get you fit and burn the calories.	45 Minutes	High	Nil	Cardio, strength and core training
Body Hiit	High Intensity, Functional training using equipment, body weight and cardio exercises.	45 Minutes	High	Various	Burns fat, improves strength, and cardiovascular fitness.
Workout of the Day	Follow a program specially designed by our qualified instructors.	40 Minutes	Moderate	Various	Shapes, tones and strengthens with all over fitness improvement
Cardio Step	A fun cardio workout using steps to increase heart rate and burn calories.	45 Minutes	Moderate	Step	Increase your fitness and improve your co-ordination
Flex & Bend	Strengthen and stretch in this class combining breath, balance, body weight moves and flexibility.	60 Minutes	Low to Moderate	BYO Yoga Mat	Improves flexibility and strength while enhancing well being.
STRENGTH for life 50+	Supervised strength and balance training. Promoting health and well being for adults over 50.	60 Minutes	Low to Moderate	Various	Enhance adults over 50's ability to undertake activities of daily living and maintain an independent lifestyle.
Aqua Fit	Water resistance training; low-impact aerobic exercise.	45 Minutes	Moderate	Various	Improves cardio endurance, flexibility and strength.
Aqua Fit (Gentle)	Shallow water only class. Low impact aerobic exercises, low resistance training in the water.	45 Minutes	Low to Moderate	Various	Improves strength, flexibility and muscle endurance.
Deep Water Aqua	Water resistance training down the deep, focusing on core control, cardio and strength.	45 Minutes	Moderate to High	Aqua Belts	Improves cardio endurance, strength and flexibility.

PARTICIPATION REQUIREMENTS

- Bring a towel and drink bottle to all classes.

ACTIVE ADULTS 60Y+

Active Adults members have access to all instructor led classes with the exception of MetaFit and MetaPwr.

ACTIVE YOUTH 13Y-15Y

Active Youth members have access to all classes except BodyPump, MetaFit, MetaPwr and Strength for Life.

OPENING HOURS

Monday to Friday : 6am - 8pm
 Saturday : 8am - 4pm
 Sunday : 9am - 4pm

Easter Monday : 10am - 3pm
 Boxing Day : 10am - 3pm
 Australia Day : 10am - 3pm

Closed all other public holidays

GROUP FITNESS TIMETABLE





















Starting 22 February 2020



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[pllc.ymca.org.au](https://www.ymca.org.au)


Port Lincoln
 LEISURE CENTRE

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	 Body Blitz	meta[™] PWR	metafit.	 Body Hiit	meta[™] PWR		
8:00am	 Aqua Fit		 Aqua Fit	 Aqua Fit	 Aqua Fit		
8:15am						LES MILLS BODYPUMP	
9:00am	 Flex & Bend	 Aqua Fit	 Deep Water Aqua	 Aqua Fit	 Aqua Fit		
	 STRENGTH for life 50+	 Cardio Step		LES MILLS BODYPUMP	 Flex & Bend		
9:30am							 Aqua Fit
10:00am		 Aqua Fit (Gentle)					
10:30am		 Workout of the Day			 Workout of the Day		
5:30pm	LES MILLS BODYPUMP		 Flex & Bend				
6:30pm	 Deep Water Aqua						

SAFETY MEASURES

- Some group fitness classes may have reduced capacity adhering to government requirements.
- Please book your group fitness online to avoid queueing 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.
- You MUST 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



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