

CLASS	DESCRIPTION	DURATION	INTENSITY	BURN RATE	EQUIPMENT	RESULT
LES MILLS BODYATTACK	A whole body cardio workout that burns calories while toning and shaping	45 Minutes	Moderate to High	Average of 730 calories	Nil	Build stamina with sports-inspired moves that will improve your coordination and agility
LES MILLS BODYBALANCE	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered	60 Minutes	Low	Average of 390 calories	BYO yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
LES MILLS BODYCOMBAT	Martial arts-inspired cardio for strength and endurance	45 Minutes	High	Average of 740 calories	Nil	Tones and shapes, increases strength and endurance, builds self-confidence
LES MILLS BODYPUMP	Weight-based resistance training for a total body workout	45 Minutes	Moderate to High	Average of 560 calories	Barbell, plates and steps	Increased strength and endurance, tones and shapes
LES MILLS BODYSTEP	An invigorating combo of uplifting highs; steps, lunges and squats to really work your legs	45 Minutes	High	Average of 500 calories	Steps	Burn calories, tone and shape your butt and legs, improve coordination and agility
LES MILLS RPM	Cycling cardio, high intensity interval training – increase your pulse and results!	45 Minutes	Moderate to High	Average of 580 calories	Indoor stationary bikes	Improves heart and lung fitness, increases strength and endurance
Aqua Deep	A zero-impact high intensity deep water workout	45 Minutes	Moderate to High	Average of 500 calories	Flotation belts	Improved cardiovascular fitness and muscle conditioning
Aqua Fit	Water resistance training; low-impact aerobic exercise	45 Minutes	Low to Moderate	Average of 410 calories	Aqua dumbbells	Improved strength, flexibility and muscle endurance
Freestyle Step	A fun cardio workout using steps to increase heartrate and burn calories	45 Minutes	Moderate	Average of 520 calories	Height adjustable step	Cardio fitness, muscular endurance, shapes and tones
IMPACT	Functional HIIT workout; small group training for ultimate results	45 Minutes	High	Average of 590 calories	Various – including kettlebells, weights, battling ropes, slam balls	Increased strength and endurance, tones and shapes
HIIT	High intensity interval training format with cardio and strength exercises	45 Minutes	High	Average of 380 calories	Various	Build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn
Pilates	A series of non-impact exercises for balance, movement and posture	60 Minutes	Low	Average of 400 calories	BYO yoga mat	Increased balance and posture, coordination and flexibility
Strength for Life	Supervised strength training program designed for those 50Y+	60 Minutes	Low	Average of 320 calories	Resistance equipment	Increased strength and coordination, meet new friends
Bollyfit	Fun cardio class using Bollywood dance moves to give you a whole body workout	45 Minutes	Moderate	Average of 400 calories	Nil	Tone and sculpt your body while burning calories
TTB	A toning class focusing on shaping the tummy, thighs and bum	45 Minutes	Low	Average of 220 calories	Various	Greater lift, shape and tone
Yoga	Train your body, mind and spirit with Yoga for all fitness levels.	60 Minutes	Low	Average of 250 calories	BYO yoga mat	Improved balance, strength, flexibility, relaxation and mood
Better Balance	Gentle exercises and tasks specifically designed to improve and maintain balance, stability and mobility.	45 Minutes	Low	Average of 250 calories	Various	Increased balance, mobility and confidence (fall prevention)
ZUMBA	Uses hypnotic Latin rhythms and easy-to-follow moves to burn calories, tone and shape your body	60 Minutes	Moderate	Average of 450 calories	Nil	Tone and sculpt your body while burning calories
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	Average of 350 calories	Nil	Tone and sculpt your body while burning calories



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



GROUP FITNESS TIMETABLE

Starting 4 January 2022



46 Cowan St, Angle Park, SA 5010
 08 8406 2900 | parksrsc@ymca.org.au
 f /TheParksRecreationAndSportsCentre
parksrsc.ymca.org.au



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am						Yoga (60)	
8:15am						IMPACT (45)	
8:30am			Better Balance (45)				
9:00am	Strength for Life (60)				Strength for Life (60)		
9:15am						LES MILLS BODYPUMP (45)	Mystery Class (45)
9:30am	Tabata (45)	LES MILLS BODYATTACK (45)	LES MILLS BODYPUMP (45)	Freestyle Step (45)	Mystery Class (45)		
10:15am						Pilates (60)	LES MILLS BODYBALANCE (60)
10:30am	LES MILLS BODYPUMP (45)	Yoga (60)	LES MILLS BODYBALANCE (60)	TTB (45)	Pilates (60)		
11:00am		Strength for Life (60)	Strength for Life (60)	Strength for Life (60)			
5:30pm				Bollyfit (45)			
5:45pm	HIIT (45)	ZUMBA (45)	TTB (45)				
6:30pm	TTB (45)	LES MILLS BODYSTEP (45)	LES MILLS BODYATTACK (45)	Yoga (60)			
7:30pm	Pilates (45)		Yoga (60)				

FUNCTIONAL STUDIO / CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	IMPACT (45)	IMPACT (45)			IMPACT (45)	
8:30am						IMPACT (45)
9:00am						LES MILLS RPM (45)
9:30am			IMPACT (45)		LES MILLS RPM (45)	
10:30am		LES MILLS RPM (45)				
5:30pm				IMPACT (45)		
6:15pm		LES MILLS RPM (45)		LES MILLS RPM (45)		
6:30pm	IMPACT (45)	IMPACT (45)	IMPACT (45)		IMPACT (45)	

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am	Aqua Fit (45)	Aqua Fit (45)			Aqua Fit (45)
8:30am	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)
9:30am	Aqua Fit (45)	Aqua Deep (45)	Aqua Fit (45)	Aqua Deep (45)	
6:30pm		Aqua Fit (45)		Aqua ZUMBA (45)	
7:15pm			Aqua Fit (45)		

* 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.

PARTICIPATION REQUIREMENTS

- Please obtain a ticket for all classes from Customer Service prior to class commencement.
- Bring a towel and drink bottle to all classes.
- Late entry to class will not be permitted.

ACTIVE ADULTS 60Y+

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

ACTIVE YOUTH 13Y – 15Y

Active Youth members have access to all group fitness except BodyPump, Hiit and Impact45.

OPENING HOURS

Monday to Friday	: 6am - 9pm
Saturday	: 7am - 6pm
Sunday	: 9am - 5pm
Public Holidays	: 9am - 5pm

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