














CLASS	DESCRIPTION	DURATION	INTENSITY	LOCATION	EQUIPMENT	RESULT
 Aqua Fit	Water resistance training; low-impact aerobic exercise	45 Minutes	Low to Moderate	Indoor Pool	Dumbbells, noodles, kickboards, etc	Improves strength, flexibility and muscle endurance
 Water Walking	DIY - Water resistance walking; low impact therapy & exercise	45 Minutes	Low	Indoor Pool	N/A	Improves cardio fitness, balance and range of motion
 Splash Splash	Playgroup catering to 6mth – preschool age children in a fun non-structured session	45 Minutes	For Fun	Indoor Pool	Various	Child water familiarization and confidence
 Box 'n' Burn	Normal boxing but with a twist. A noncontact structure fitness class to learn and incorporation boxing, kickboxing and functional training at your own level	45 Minutes	Moderate to High	Group Fitness Studio	Dumbbells, skipping rope	Weight loss, muscle toning and cardio fitness
 Revolution	Cycle your way up and down inclines, through speed tracks and feel the burn the entire way	45 Minutes	Moderate to High	Group Fitness Studio	Stationary Bikes	Improves heart and lung fitness, increases strength and endurance
 HiitStep	HiitSTEP is a high energy class that pushes you to NEW limits. Using only your body weight and steps we will have your heart race and muscles burning	45 Minutes	Moderate to High	Group Fitness Studio	Step	Tone and sculpt your body while burning calories
 Ab30	An intense half hour dedicated to challenging and building a strong defined core.	30 Minutes	High	Group Fitness Studio	Yoga mat, resistance bands, weight plates	Strong, defined and functioning core
 Strength & Conditioning	Focusing on form, time under tension, and exercise progression	45 Minutes	Moderate to High	Group Fitness Studio	Barbells, dumbbells and free weights	Increase strength and lean muscle, while learning correct lifting technique while under gym instructor supervision
 RIP	Weight-based resistance training for a total body workout	45 Minutes	Moderate to High	Group Fitness Studio	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 metafit	A fast and effective high intensity workout using body weight exercises	30 Minutes	Moderate to High	Group Fitness Studio	N/A	Cardio fitness, muscular endurance, shapes and tones
 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.	30 Minutes	Moderate to High	Group Fitness Studio	Kettlebells, power bags, battle rope, wall balls and cones	Increased cardio fitness, strength and endurance, tones and shapes
 STRENGTH for life 50+	Supervised strength training program with individual programs designed for those 50Y+	45 Minutes	Low	Gym	Various	Increased strength and coordination, meet new friends
 IMPACT 45	Functional hiit workout; small group training for ultimate results	45 Minutes	High	Group Fitness Studio	Various – including kettlebells, weights, and battling ropes	Increased strength and endurance, tones and shapes

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

ACTIVE ADULTS 60Y+

Active Adults members have access to Strength for Life, Aqua Fit, Water Walking and Yoga.

ACTIVE YOUTH 13Y – 15Y

Active Youth members have access to all group fitness except Rip.

WINTER OPENING HOURS (APRIL - OCTOBER)

Monday to Thursday : 6am - 9pm
Friday : 6am - 7pm
Weekends & Holidays : 9am - 1pm



Download the **YMCA SA** App
from the App Store or Google Play



GROUP FITNESS TIMETABLE



Starting 1 April 2021



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AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:00am	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	
8:00am	Water Walking		Water Walking		Water Walking	
9:30am						Water Walking
10:30am						Splish Splash
12:00pm	Aqua Fit			Water Walking		
12:30pm					Aqua Fit	
1:00pm	Water Walking	Water Walking		Water Walking		
1:30pm						
2:00pm	Aqua Fit		Water Walking			
2:30pm				Aqua Fit	Water Walking	
5:00pm		Water Walking				
6:00pm		Aqua Fit				
6:30pm			Aqua Fit			

SAFETY MEASURES

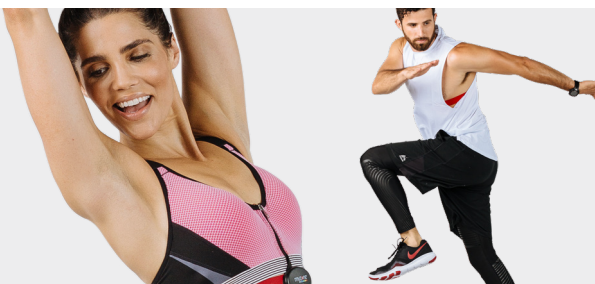
- Please book your group fitness via the YMCA SA App to avoid queuing at customer service and disappointment in case your desired class reaches occupancy.
- A towel and your own water are required (no exceptions). Water fountains are currently closed.
- Whenever possible bring your own equipment (yoga mats, boxing glove inners, etc).
- Sanitize and wipe down equipment before and after use.
- Adhere to floor markings for designated social distancing.

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am		Revolution express ^{30m}	IMPACT 24/7		meta PWR ^{30m}
8:00am					
9:30am	Strength & Conditioning ^{45m}	HIITStep ^{30m}	metafit ^{30m}	Box 'n' Burn ^{45m}	RIP ^{45m}
10:00am			Revolution express ^{30m}		
11:00am	STRENGTH for life 50+	STRENGTH for life 50+			STRENGTH for life 50+
6:00pm	RIP ^{45m}	HIITStep ^{30m}	IMPACT 24/7	Ab30	

VIRTUAL GROUP FITNESS

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Download the **YMCA SA** App from the App Store or Google Play

HIIT30, DANCE & SWEAT,
TAEBO, SPIN + MORE!
**FREE FOR
VALLEYS MEMBERS**