
















CLASS	DESCRIPTION	DURATION	INTENSITY	LOCATION	EQUIPMENT	RESULT
 Aqua Fit	Water resistance training; low-impact aerobic exercise	60 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	60 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	60 Minutes	For Fun	Indoor Pool	Various	Child water familiarization and confidence
 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
HIITCIRCUIT	HIITCIRCUIT combines intense HIIT exercises with super motivating music, driving you to push yourself to the end	30 Minutes	High	Group Fitness Studio	Barbell, weighted plates, step	Improve strength, cardiovascular fitness and build lean muscle
 Lower Body Burn	A strength-based workout, with high intensity interval sets in-between designed to strengthen the lower body	30 Minutes	High	Group Fitness Studio	Barbells, dumbbells, steps	Build lean muscle and get your heart rate up
 Upper Body Blast	Upper body blast is a strength-based workout, with high intensity interval sets in-between	30 Minutes	High	Group Fitness Studio	Barbells, dumbbells, kettlebells	Strengthen the upper body, build lean muscle and get your heart rate up
 Yoga	Utilising a range of movements and motions set to music that will improve your mind, your body and your life	45 Minutes	Low	Group Fitness Studio	BYO Yoga Mat	Improves joint flexibility, tones and shapes, enhances mental wellbeing
 Box 'n' Burn	Normal boxing but with a twist. A noncontact structure fitness class to learn and incorporate 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
 Power 30	Targeting different muscle groups each and every class, watch your strength improve over time	30 Minutes	Moderate to High	Group Fitness Studio	Barbell, dumbbells, step	Improve full body muscle strength and tone
 KB30	A kettlebell class incorporating functional, compound, full body movements with HIIT training	30 Minutes	High	Group Fitness Studio	Kettleballs	Increased strength, tones and shapes
 RIP	Weight-based resistance training for a total body workout	60 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
 Strength for Life	Supervised strength training program with individual programs designed for those 50Y+	45 Minutes	Low	Gym	Various	Increased strength and coordination, meet new friends
 GROUP Strength for Life	Supervised team warm ups, drills and strength based training designed to improve balance and coordination for those 50Y+	30 Minutes	Low	Group Fitness Studio	Free weights, body weight and aerobic steps	Increased strength, balance and coordination, meet new friends

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

ACTIVE ADULTS 60Y+

Strength for Life, Aqua Fit, Water Walking, Yoga, HIIT Circuit, Upper Body Blast and Lower Body Burn.

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 4 October 2021



180 Main North Road, Clare SA 5453

P: 08 8842 3999

E: thevalleys@ymca.org.au

  /TheValleysLifestyleCentre
 thevalleys.com.au



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						Splash Splash
12:00pm	Aqua Fit			Water Walking		
12:30pm					Aqua Fit	
1:00pm	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	Aqua Fit			
6:30pm						

SAFETY MEASURES

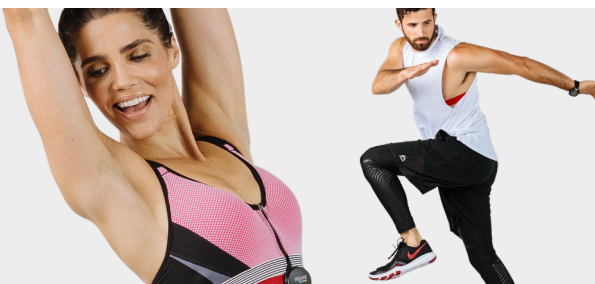
- Please book your group fitness via the YMCA SA App to avoid queuing at customer service and disappointment in case your desired class reaches occupancy.
- A towel and your own water are required (no exceptions). Water fountains are currently closed.
- Whenever possible bring your own equipment (yoga 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	SATURDAY
6:30am		Lower Body Burn ^{30m}	Revolution express ^{30m}	Upper Body Blast ^{30m}	^{30m} HIITCIRCUIT	
9:00am						BOOTCAMP
9:30am	KB30 ^{30m}	HiitStep ^{30m}	metafit ^{30m}	^{30m} HIITCIRCUIT	^{30m} RIP	
10:30am			Revolution express ^{30m}			
11:00am	GROUP Strength for Life ^{30m}	Strength for Life			Strength for Life	
11:30am	Strength for Life					
12:00pm		Yoga ^{45m}				
5:15pm				Yoga ^{45m}		
6:00pm	Box 'n' Burn	^{30m} HIITCIRCUIT	^{30m} RIP	HiitStep ^{30m}		

VIRTUAL GROUP FITNESS

powered by myzone®



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



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