

GROUP FITNESS TIMETABLE

Starting 8 June 2021

CLASS	DESCRIPTION	DURATION	INTENSITY
Intensity	A high intensity interval style training incorporating plyometric, weights and cardio exercise.	45 Minutes	High
Box Fit	A fitness class with a focus on cardio fitness that includes boxing, aerobics and body-weight resistance exercise.	45 Minutes	Moderate
Circuit	An interval-style training format, this program is all about variety, results and the fun of sharing a group fitness experience. Using our LifeBand resistance equipment, Circuit at the Y combines cardio, endurance and resistance training to boost your fitness on a number of levels.	45 Minutes	Low
Cross Train	This combination class offers a variety of training styles including: aerobics, step, HIIT, fitball and tabata.	60 Minutes	Low
Pilates/ Power Core	Designed to improve flexibility, strength, coordination and balance, with an emphasis on alignment, breathing and core strengthening. Utilizes fitballs, bands and body weight; suitable for all levels.	45 Minutes	Low
Power Bar	A strength class using a bar and hand weights; suitable for all levels; great music!	45 Minutes	Low
Power Fit	An aerobics class to music that will keep you cardio fit and coordinated; suitable for all levels	45 Minutes	Low
Strength for Life	Supervised strength, flexibility and balance program designed for those 50Y+. Conditions apply.	45 Minutes	Low
Zumba	Uses hypnotic Latin rhythms and easy-to-follow moves to burn calories, tone and shape your body.	60 Minutes	Moderate
Yoga	Train your body, mind and spirit with Yoga for all fitness levels.	60 Minutes	Low

SAFETY MEASURES

- 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).
- Whenever possible bring your own equipment (yoga mats, boxing glove inners).
- Sanitize and wipe down equipment before and after use.

the Marion Leisure & Fitness Centre

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.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am		Intensity				
8:30am		Circuit			Circuit	
9:00am	Pilates/ Power Core		Circuit	Cross Train STRENGTH for life 50+		ZUMBA BA EX Adult Boxing
9:30am	Circuit	Power Bar Box Fit			Power Fit	
10:00am	Pilates/ Power Core STRENGTH for life 60+		ZUMBA	Pilates/ Power Core		
10:30am		Yoga STRENGTH for life 50+			Power Fit	
11:00am	STRENGTH for life 50+		STRENGTH for life 50+	STRENGTH for life 50+	STRENGTH for life 50+	
4:30pm	Youth Boxing BA EX	Youth Boxing BA EX		Youth Boxing BA EX		
6:00pm		Adult Boxing BA EX			Adult Boxing BA EX	
6:15pm	Box Fit			Box Fit		

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

ACTIVE ADULTS 60Y+

Active Adults members have access to all instructor led classes excluding BoxFit.

YOUTH MEMBERSHIPS

Active Youth and Boxing Academy (Youth) members have access to BoxFit.

Boxing Academy Exclusive class.

OPENING HOURS

Monday to Thursday : 7am - 9pm
Friday : 7am - 7pm
Weekends : 8am - 3pm

Cnr Oaklands Rd & Rosedale Ave, Morphettville, SA 5043

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/MarionLeisure



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