








| CLASS   | DESCRIPTION  | DURATION      | INTENSITY        | EQUIPMENT  | RESULT  |
|---|--|---------------|------------------|--|---|
|  <b>Pilates</b>                     | Improves joint flexibility, tones and shapes, and enhances mental well-being   | 45/60 Minutes | Low              | BYO yoga mat   | Increased balance and posture, coordination and flexibility   |
|  <b>ABT</b>                        | Strengthen and tone your lower body with this abs, butt and thighs workout   | 30 Minutes    | Moderate         | Various  | Tones core, leg and glute muscles for functional strength   |
|  <b>Strength &amp; Conditioning</b> | A class focused on movement, using functional exercises to improve athletic abilities, mobility, stability, strength, endurance, power, speed, agility and performance   | 30 Minutes    | Moderate to High | Various  | Increase overall strength, general health. Build lean, strong muscles, improve posture, strengthen bones and joints   |
|  <b>Core 'n' Balance</b>            | Focuses on endurance and core strength, using instability to force you to engage your muscles.   | 45 Minutes    | Low              | Various  | Increased balance, core strength and endurance  |
|  <b>HIIT</b>                        | High intensity interval training in a circuit format with cardio and strength exercises  | 30 Minutes    | High             | Various  | Build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn   |
|  <b>Core</b>                        | Core is your ultimate mid-section workout, not only its aimed at targeting the deep abdominal muscles, focusing on technique, activation and getting a great core blasting workout.  | 30 Minutes    | Moderate         | Various  | Improves activation of the abdominals and builds lean strong core muscles which is foundational to all aspects of fitness, health, and activities of daily living |
|  <b>Better Balance</b>              | Gentle exercises and tasks specifically designed to improve and maintain balance, stability and mobility.  | 45 Minutes    | Low              | BYO yoga mat   | Increased balance and posture, coordination and flexibility   |
|  <b>Stretch &amp; Flow</b>          | Enhance physical and mental health with a series of stretches and movements set to increase balance, flexibility and strength.   | 30 Minutes    | Low              | Mats and foam rollers  | Improve posture, balance, flexibility and strength  |
|  <b>IMPACT</b>                     | Functional HIIT workout; small group training for ultimate results   | 45 Minutes    | High             | Various – including kettlebells, weights, battling ropes, slam balls | Increased strength and endurance, tones and shapes  |
|  <b>metaPRO</b>                   | A twist on Metafit, Metapro will challenge you in two ways:<br><i>PRO12</i> - Ultra high intensity 12-minute workouts that will push your clients to their absolute max.<br><i>PROSAQ</i> - New Speed, Agility & Quickness (SAQ) workouts that will challenge clients with new functional movements and training drills. | 30 Minutes    | High             | Bodyweight   | Boosts metabolism, burns fat, improves strength, speed and cardiovascular fitness   |
|  <b>metafit</b>                   | A high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete  | 30 Minutes    | High             | Bodyweight   | Boosts metabolism, burns fat, improves strength, speed and cardiovascular fitness   |
|  <b>metaPWR</b>                   | Metabolic resistance training is one of the best, most intense strategies for building muscle, burning fat, and improving fitness. Take your conditioning workouts to another level with MetaPWR!  | 30 Minutes    | Moderate to High | Various  | Boost metabolism, burns fat, improves strength, speed and cardiovascular fitness  |
|  <b>Strength for Life</b>         | Supervised strength training program designed for those 50Y+   | 60 Minutes    | Low              | Resistance equipment   | Increased strength and coordination, meet new friend  |

# GROUP FITNESS TIMETABLE



Starting 11 April 2022



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**ST CLAIR**  
RECREATION CENTRE

## SAFETY MEASURES

- Please book your class 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). Water fountains are currently closed.
- Whenever possible bring your own equipment (yoga mats etc).
- Sanitize and wipe down equipment before and after use.
- Adhere to floor markings for designated social distancing.

## 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.

## ACTIVE ADULTS 60Y+

Active Adults members have access to Pilates, Core n' Balance and Strength for Life

## ACTIVE YOUTH 13Y – 15Y

Active Youth members have access to Pilates, Core n' Balance, and MetaFit.

## OPENING HOURS
























Monday to Friday : 7:00am – 9:00pm  
Weekends & Public Holidays : 8:00am – 4:00pm  
Good Friday and Christmas : Closed



Workout when it suits you, day or night, with 24/7 access.

Exclusive to All Access members.  
\$30 access card fee applies.

# GROUP FITNESS TIMETABLE

| TIME    | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
|---------|--|--|--|--|---|---|--|
| 5:45am  |  |  |  |  | <b>IMPACT</b>          |   |  |
| 6:00am  |  <b>Strength &amp; Conditioning</b> |  <b>HIIT</b>                  | <b>metafit.</b>  | <b>meta PWR</b>  |   |   |  |
| 6:30am  |  <b>Pilates</b>                     |  <b>Core</b>                  |  <b>Pilates</b>           |  <b>Core</b>              |   |   |  |
| 8:30am  |  |  <b>Pilates</b> <sup>45</sup> |  |  |   |   |  |
| 9:00am  |  |  |  <b>Better Balance</b>    |  <b>Core 'n' Balance</b>  |   | <b>IMPACT</b>  |  <b>Pilates</b> <sup>45</sup> |
| 9:30am  |  |  <b>Core 'n' Balance</b>      |  |  |  <b>Better Balance</b> |   |  |
| 9:45am  |  |  |  |  |   |   |  |
| 10:00am |  <b>Strength for Life</b>           |  |  <b>Strength for Life</b> |  <b>Strength for Life</b> |   |   |  |
| 5:30pm  |  <b>HIIT</b>                        |  |  | <b>meta PWR</b>  |   |   |  |
| 5:45pm  |  |  | <b>IMPACT</b>           |  |   |   |  |
| 6:00pm  |  <b>ABT</b>                       | <b>IMPACT</b>               |  |  <b>HIIT</b>            |   |   |  |
| 6:30pm  |  <b>ABT</b>                       |  |  |  |   |   |  |
| 7:00pm  |  |  |  |  |   |   |  |



INTRODUCING THE NEW  
**YMCA SA APP**



Book your spot in a group fitness class through the our App

