















CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
 Pilates	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
 ABT	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
 Strength & Conditioning	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
 Core 'n' Balance	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
 HIIT	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
 Core	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
 Functional Mobility	Incorporating mobility flows, stretching, activation, mobilisation and release strategies in order to move better, recover faster, and minimise the risk of injury	30 Minutes	Low	Foam roller, trigger ball (tennis ball), mat	The combination of elements allows clients to move more freely and achieve a greater range of motion
 SWAT	Strength, weights, agility and Tabata. Each week will challenge you in these areas. Classes will repeat exactly like the previous rotations (12 week block) allowing you to master what you have learnt.	45 Minutes	High	Weights\ body weight	Maximum strength building that'll leave you breathless and calorie depleted.
 Stretch & Flow	Enhance physical and mental health with a series of stretches and movements set to increase balance, flexibility and strength.	30 Minutes	Low	Mats & foam rollers	Improve posture, balance, flexibility, and strength.
 PENALTY BOX	The complete body workout program with over 119 exercises based around a patented fitness product. Work at your own skill level. It can be the hardest or easiest workout in the world, depending on YOU	45 Minutes	Moderate to High	Penalty Box	Build cardiovascular fitness while building lean muscle and maximizing calorie burn
 IMPACT	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
 metafit	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
 meta PWR	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
 STRENGTH for life 60+	Supervised strength training program designed for those 50Y+	60 Minutes	Low	Resistance equipment	Increased strength and coordination, meet new friend

GROUP FITNESS TIMETABLE



Starting 1 March 2021



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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, Penalty Box & 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

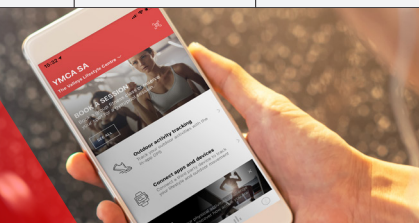
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Strength & Conditioning	HIIT	metafit	meta PWR	Strength & Conditioning		
6:30am	Pilates	Core	Pilates	metafit	PENALTY BOX		
8:30am		Pilates ^{45 mins}			Pilates ^{45 mins}		Pilates ^{45 mins}
9:00am						HIIT	
9:30am		Core 'n' Balance		Core 'n' Balance	Pilates	Functional Mobility	SWAT
10:00am	STRENGTH for life 50+		STRENGTH for life 50+				
5:30pm	PENALTY BOX		Core	HIIT			
6:00pm	ABT	IMPACT 45	ABT	Core			
6:30pm	ABT			Stretch & Flow			
7:00pm		Pilates					



INTRODUCING THE NEW
YMCA SA APP



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



Sign up for membership online at stclair.ymca.org.au