


GROUP FITNESS TIMETABLE

| CLASS | DESCRIPTION | DURATION | INTENSITY | ACCESS | EQUIPMENT | RESULT |
|--|---|-----------------|------------------|-----------------------------|---|--|
|  Better Balance | Gentle exercises and tasks specifically designed to improve and maintain balance, stability and mobility | 40 minutes | Low | Active Adults | Various | Increased balance, mobility and confidence (fall prevention) |
|  aqua ZUMBA | Low-impact, high-energy aquatic exercise blending Zumba® philosophy with water resistance, for one pool party! | 45 minutes | Low | Active Adults, Active Youth | Nil | Tone and sculpt your body while burning calories |
|  CHAIR YOGA | Gentle, using the chair for support, stability, and ease. For anyone looking for a mindful, accessible movement | 45 minutes | Low | Active Adults, Active Youth | Chair | Improved balance, strength, flexibility, relaxation and mood |
|  Pilates | A series of non-impact exercises for balance, movement and posture | 45 minutes | Low | Active Adults, Active Youth | BYO yoga mat | Increased balance and posture, coordination and flexibility |
|  LES MILLS BODYBALANCE | Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered | 60 minutes | Low | Active Adults, Active Youth | BYO yoga mat | Improves joint flexibility, tones and shapes, enhances mental well-being |
|  Strength for Life | Supervised strength training program designed for those 50Y+ | 60 minutes | Low | Active Adults | Resistance equipment | Increased strength and coordination, meet new friends |
|  SFL Aqua | Low-impact individualised hydrotherapy, supervised by an exercise professional (assessment required) | 60 minutes | Low | Active Adults | Various | Increased strength, coordination, cardio fitness, balance and confidence |
|  Yoga | Train your body, mind and spirit with Yoga for all fitness levels | 60 minutes | Low | Active Adults, Active Youth | BYO yoga mat | Improved balance, strength, flexibility, relaxation and mood |
|  Aqua Fit | Water resistance training; low-impact aerobic exercise | 45 minutes | Low to moderate | Active Adults, Active Youth | Aqua dumbbells | Improved strength, flexibility and muscle endurance |
|  Freestyle Step | A fun cardio workout using steps to increase heartrate and burn calories | 45 minutes | Moderate | Active Youth | Height adjustable step | Cardio fitness, muscular endurance, shapes and tones |
|  Advanced CHAIR YOGA | Challenge your strength and flexibility with enhanced stretches, balanced postures, and mindful movement | 45 minutes | Moderate | Active Youth | Various | Improved balance, strength, flexibility, relaxation and mood |
|  SCULPT | Intense toning and workout class focusing on arms, abs, legs and glutes | 30 & 45 minutes | Moderate | Active Youth | Various | Define your body with weights, bands, balls, and resistance |
|  ZUMBA | Uses hypnotic Latin rhythms and easy-to-follow moves to burn calories, tone and shape your body | 60 minutes | Moderate | Active Adults, Active Youth | Zumba toning sticks | Tone and sculpt your body while burning calories |
|  Aqua Deep | A zero-impact high intensity deep water workout | 45 minutes | Moderate to high | Active Adults, Active Youth | Flotation belts | Improved cardiovascular fitness and muscle conditioning |
|  LES MILLS BODYATTACK | A whole body cardio workout that burns calories while toning and shaping | 45 minutes | Moderate to high | Active Youth | Nil | Build stamina with sports-inspired moves that will improve your coordination and agility |
|  LES MILLS BODYPUMP | Weight-based resistance training for a total body workout | 45 minutes | Moderate to high | | Barbell, plates and steps | Increased strength and endurance, tones and shapes |
|  CYCLE CIRCUIT | Cycle Circuit is a cardio circuit including cycle stations | 45 minutes | Moderate to high | | Various | Improves heart and lung fitness, increases strength and endurance |
|  Tabata | Ultimate HIIT formula for incredibly fast results | 45 minutes | Moderate to high | Active Youth | Various | Fast full body transformation. Shapes and tones |
|  IMPACT 45 | Functional HIIT workout; small group training for ultimate results | 45 minutes | High | | Various: kettlebells, weights, battling ropes, slam balls | Increased strength and endurance, tones and shapes |



GROUP FITNESS TIMETABLE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------------------------|--------------------------|---------------------------|------------------------|---------------------------|------------------------|---------------------------|
| 7:45am | | Better Balance (40) | Better Balance (40) | Better Balance (40) | | | |
| 8:15am | Better Balance (40) | | | | Better Balance (40) | | |
| 8:30am | | Better Balance (40) | Better Balance (40) | Better Balance (40) | | | |
| 9:00am | Strength for Life (60) | | | | Strength for Life (60) | | |
| 9:15am | | | | | | LESMILLS BODYPUMP (45) | SCULPT (45) |
| 9:30am | Tabata (45) | LESMILLS BODYATTACK (45) | LESMILLS BODYPUMP (45) | Freestyle Step (45) | LESMILLS BODYBALANCE (60) | | |
| 10:15am | | | | SCULPT (45) | | Pilates (45) | LESMILLS BODYBALANCE (60) |
| 10:30am | LESMILLS BODYPUMP (45) | CYCLE CIRCUIT (45) | LESMILLS BODYBALANCE (60) | | | | |
| | | | Strength for Life (60) | | | | |
| 11:00am | | Strength for Life (60) | | Strength for Life (60) | CHAIR YOGA (45) | | |
| 5:30pm | CYCLE CIRCUIT (45) | Pilates (45) | LESMILLS BODYPUMP (45) | | | | |
| 6:00pm | | | | | Yoga (60) | | |
| 6:30pm | LESMILLS BODYPUMP (45) | ZUMBA (60) | LESMILLS BODYBALANCE (60) | Yoga (60) | | | |
| 7:30pm | Yoga (60) | SCULPT (express) (30) | | | | | |
| 8:30pm | Advanced CHAIR YOGA (45) | | | | | | |

FUNCTIONAL STUDIO

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------|-------------|-------------|-------------|-------------|----------|
| 6:00am | IMPACT (45) | IMPACT (45) | IMPACT (45) | | IMPACT (45) | |
| 8:00am | | | | | | |
| 9:30am | | | IMPACT (45) | | | |
| 4:30pm | | | | | | |
| 6:30pm | IMPACT (45) | IMPACT (45) | IMPACT (45) | IMPACT (45) | IMPACT (45) | |

AQUA CLASSES

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------------|----------------|---------------|-----------------|----------------|
| 7:00am | Aqua Fit (45) | Aqua Deep (45) | Aqua Fit (45) | Aqua Deep (45) | Aqua Fit (45) |
| 7:50am | Aqua Fit (45) | Aqua Fit (45) | Aqua Fit (45) | Aqua Fit (45) | Aqua Fit (45) |
| 8:40am | Aqua Fit (45) | Aqua Fit (45) | Aqua Fit (45) | Aqua Fit (45) | Aqua Deep (45) |
| 9:30am | SFL Aqua (60) | | Aqua Fit (45) | | |
| 2:00pm | | | | SFL Aqua (60) | |
| 6:30pm | | Aqua Fit (45) | | aqua ZUMBA (45) | |
| 7:00pm | | | Aqua Fit (45) | | |

Please note that the class timetable is subject to change based on attendance, demand and instructors

PARTICIPATION REQUIREMENTS

- Bring a towel and drink bottle to all classes.
- Late entry to class will not be permitted.

ACTIVE ADULTS 60Y+

Active Adults members have access to all Aqua classes, Better Balance, BodyBalance, Chair Yoga, Pilates, Strength for Life, Yoga and Zumba.

ACTIVE YOUTH 13Y – 15Y

Gym and Group Fitness classes restricted to 13Y+ (requires mandatory initial gym orientation); excludes Better Balance, BodyPump, Impact45 and Strength For Life classes.

OPENING HOURS

Monday to Friday | 6:00am - 9:00pm

Saturday | 7:00am - 6:00pm

Sunday | 8:00am - 4:00pm

Public Holidays | 9:00am - 5:00pm

CONTACT US

46 Cowan St, Angle Park, SA 5010

P: 08 8406 2900

E: parksrsc@ymcasa.org.au

f /TheParksRecreationAndSportsCentre

@ /theparksrsc

parksrsc.ymca.org.au

SAFETY MEASURES

- Please book your group fitness online to avoid disappointment in case your desired class reaches occupancy.
- A towel and your own water are required (no exceptions).
- Where possible, bring your own equipment (yoga mats, boxing glove inners, etc).
- Sanitise and wipe down equipment before and after use.



Book your class via our YMCA South Australia app, available on iOS App Store and Google Play Store.