












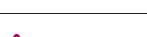



GROUP FITNESS TIMETABLE

Starting 20 July 2020



CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
 Aqua Fit	Water resistance training; low-impact aerobic exercise	60 Minutes	Low to Moderate	Aqua dumbbells	Improved strength, flexibility and muscle endurance
 LES MILLS BODYBALANCE	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered	45 Minutes	Low	Yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
 LES MILLS BODYCOMBAT	Martial arts-inspired cardio for strength and endurance	45 Minutes	High	Nil	Tones and shapes, increases strength and endurance, builds self-confidence
 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
 LES MILLS BODYATTACK	A whole body cardio workout that burns calories while toning and shaping	45 Minutes	Moderate to High	Nil	Build stamina with sports-inspired moves that will improve your coordination and agility
 LES MILLS RPM	Cycling cardio, high intensity interval training – increase your pulse and results!	45 Minutes	Moderate to High	Indoor stationary bikes	Improves heart and lung fitness, increases strength and endurance
 ABT	Strengthen and tone your lower body with this abs, butt and thighs Workout using resistance bands, weights and body exercises	30/45 Minutes	Moderate	Various	Tones core, leg and glute muscles for functional strength
 Active Hearts	A circuit based class using cardio equipment to increase your heart rate & get you moving. This class is suitable for all ages	30/45 Minutes	Low	Various	Improves joint flexibility, tones & shapes, enhances mental wellbeing
 Boxing <small>(NO CONTACT)</small>	Structured body fitness class for everyone incorporating boxing, cardio and functional fitness training	45 Minutes	Moderate to High	Training Gloves	Weight loss, muscle toning and cardio fitness
 Freestyle Step	A fun cardio workout using steps to increase heartrate and burn calories	45 Minutes	Moderate	Step	Cardio fitness, muscular endurance, shapes and tones
 IMPACT	Functional HIIT workout; small group training for ultimate results	45 Minutes	High	Kettlebells, weights, ropes, slam balls	Increased strength and endurance, tones and shapes
 RIP	A barbell workout that incorporates functional orthopedic strength training using weights and body weight	45 Minutes	Moderate to High	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 STRENGTH <small>for Life 50+</small>	Supervised strength training program designed for those 50Y+	45 Minutes	Low	Resistance equipment	Improves joint flexibility, tones & shapes, enhances mental wellbeing
 Tabata	High-intensity training that blasts calories & moves so quickly that it's hard to get bored	45 Minutes	Moderate to High	Various	Cardio fitness, strength, tone and sculpt
 Tae Power	Martial arts and dance combination, full body workout sure to get your heart rate going	45 Minutes	Moderate to High	Nil	Tones and shapes, increases strength and endurance



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



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WRC Whyalla
Recreation
Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10am	LES MILLS BODYPUMP 45	IMPACT 25 45	LES MILLS BODYPUMP 45	LES MILLS BODYATTACK 45	LES MILLS BODYPUMP 45	
8:30am			Active Hearts AEROBICS 50		Active Hearts AEROBICS 50	
9:00am	STRENGTH for life 60	Active Hearts 45	STRENGTH for life 60	Active Hearts 45	STRENGTH for life 60	
9:15am	Tabata 45	LES MILLS BODYPUMP 45	Tae Power 45	Boxing (NO CONTACT) 45	Freestyle Step 45	LES MILLS BODYATTACK 45
10:15am	LES MILLS BODYBALANCE 45	IMPACT 25 45	ABT / Tabata 45	IMPACT 25 45	RIP 45	LES MILLS BODYBALANCE 45
5:30pm	RIP 45	Freestyle Step 45	LES MILLS BODYPUMP 45	IMPACT 25 45		
6:30pm	LES MILLS BODYCOMBAT 45	ABT 30	LES MILLS BODYCOMBAT 45	ABT 30		
7:15pm		LES MILLS BODYATTACK 45		LES MILLS BODYBALANCE 45		

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10am				LES MILLS RPM 45		
9:10am						LES MILLS RPM 45
6:00pm	LES MILLS RPM 45		LES MILLS RPM 45			

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:15am	Aqua Fit		Aqua Fit		Aqua Fit
6:05pm		Aqua Fit			



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* 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.

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 Strength for Life, Active Hearts and Body Balance.

ACTIVE YOUTH 13Y – 15Y

Active Youth members have access to all classes except BodyPump and RIP.

OPENING HOURS

Monday to Thursday	: 6am - 9pm
Friday	: 6am - 8pm
Saturday	: 9am - 5pm
Sunday	: 10am - 5pm
Public Holidays	: 12pm - 5pm

SAFETY MEASURES

- All group fitness classes have reduced capacity adhering to government requirements.
- Please book your group fitness online to avoid queueing 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.