







CLASS	DESCRIPTION	DURATION	INTENSITY	BURN RATE	EQUIPMENT	RESULT
 Better Balance	A program that helps with balance as we age. It addresses gait issues, vestibular issues and improves confidence, so that if you trip or slip you may be able to save yourself	45 Minutes	Low	Up to 280 calories	Chairs, balls, steps and gym sticks	Improved balance and muscular strength
 Pilates	A series of non-impact exercises for balance, flexibility and posture	55 Minutes	Low	Up to 350 calories	Mats, bolster, balls	Improved posture, flexibility and mindfulness
 Functional Pilates	A series of non-impact exercises mainly done on the floor with the use of a roller or dumbbells	55 Minutes	Low	Up to 350 calories	Rollers, dumbbells	Improved posture, flexibility and mindfulness
 Strength for Life	Supervised strength training program designed for those 50Y+.	55 Minutes	Low	Up to 280 calories	Resistance equipment	Increased strength and coordination, meet new friends
 LES MILLS BODYBALANCE	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered	45 Minutes	Low to Moderate	Up to 410 calories	BYO yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
 ZUMBA gold	A lower-intensity version of the Zumba class, meet the anatomical, physiological and psychological needs of seniors	45 Minutes	Low to Moderate	N/A	N/A	Increase heart rate and improve coordination
 Dance & Groove	A low impact aerobic class with simple dance moves. Have fun with this one!	45 Minutes	Moderate	N/A	N/A	Increase the heart rate and improve coordination
 Gym Stick Step & Stretch	Gym sticks provide an all over work out with resistance in every direction. A step works on coordination, balance and fitness. Followed by a lovely stretch	45 Minutes	Moderate	Up to 400 calories	Gym stick, step and mat	Improves all over strength, cardio fitness and flexibility.
 LES MILLS BODYPUMP	Weight-based resistance training for a total body workout	45 Minutes	Moderate to High	Up to 480 calories	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 SWEAT & Shine	A circuit / interval style class utilising body weight and a variety of equipment. A great allrounder that allows participants to work at their own level	45 Minutes	Moderate to High	Up to 450 calories	Weights, steps, balls	Build muscular strength & endurance and also challenge the cardiorespiratory system
 Up & Active Outdoors	An outdoor training class incorporating all your favourite bootcamp activities, using ropes, tyres, dumbbells, and medicine balls. A great cardio and endurance work out	45 Minutes	Moderate to High	Up to 550 calories	Battle ropes, sandbags, tyres and medicine balls	Cardio and strength and endurance training
 HIT	High intensity training for 30 intense minutes	30 Minutes	High	Approx. 290 calories	Weights, steps and medicine balls	Varied exercises to make you work
 SFL AQUA 50+	A supervised, low-impact workout in the hydrotherapy pool *\$45.00 assessment fee applies	45 Minutes	Low	Up to 300 calories	Aqua dumbbells, pool noodles ankle weights, steps and hand paddles	Builds cardio, strength and resistance while being easy on the joints
 Aqua Circuit	A station formatted workout using different movements and pool equipment. Often each station is timed, with simple, repetitive moves. A great all over workout for all fitness levels	45 Minutes	Low to Moderate	Up to 410 calories	Noodles, water dumbbells and kick boards	Improved strength and muscle endurance
 Aqua Fit	Water resistance training; low-impact aerobic exercise. Gentle classes are lower intensity and great for beginners, pre and post pregnancy and seniors	45 Minutes	Low to Moderate	Up to 410 calories	Aqua dumbbells, noodles, webbed gloves and aqua belts	Improved strength, flexibility and muscle endurance
 Aqua Cycle	An aquatic-based class with the use of a bike	45 Minutes	Moderate to High	Up to 500 calories	Aqua bike, aqua dumbbells and noodles	Cardio vascular fitness and fun
 Aqua Deep	A zero-impact high intensity deep water workout	45 Minutes	Moderate to High	Up to 500 calories	Flotation belts	Improved cardiovascular fitness and muscle conditioning
 SWIM CONNECT	The ultimate social swimming experience! Master your technique in a supportive and friendly environment	45 Minutes	Moderate to High	Up to 500 calories	N/A	Comprehensive basic swim programs

GROUP FITNESS TIMETABLE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am			LES MILLS BODYBALANCE	LES MILLS BODYPUMP	Up & Active Outdoors		
8:00am	Aqua Fit (Gentle) A	Strength for Life A	Strength for Life A	Strength for Life A	Strength for Life A		
9:00am		Aqua Fit (Gentle) A		Aqua Fit (Gentle) A			Aqua Cycle
9:15am						Gym Stick Step & Stretch	
9:30am					Aqua Step		
10:00am	Aqua Fit A		Aqua Fit A				
10:30am	HIT						
11:00am		Strength for Life A	Strength for Life A	Strength for Life A	Aqua Fit A		
12:15pm	Pilates A		Dance & Groove A	SFL AQUA 50+ A	Pilates A		
12:45pm		SWIM CONNECT					
1:15pm					SFL AQUA 50+ A		
1:30pm		Functional Pilates					
2:00pm	Aqua Fit A	Aqua Circuit (Gentle) A	Aqua Circuit (Gentle) A	Aqua Deep A	Aqua Fit A		
3:00pm	Strength for Life A		Better Balance A	ZUMBA gold A	Better Balance A		
4:15pm			Pilates A				
5:15pm	HIT				Aqua Cycle		
5:30pm		SWEAT & Shine					
5:45pm			Gym Stick Step & Stretch	Pilates A			
6:00pm	LES MILLS BODYPUMP						
6:45pm			Aqua Fit A				
7:00pm	LES MILLS BODYBALANCE						

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



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

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes

ACTIVE ADULTS 60Y+. KEY: **A**

Active Adults members have access to Strength for Life, Strength for Life Aqua, Pilates, Better Balance and selected Aqua Fit classes.

ACTIVE YOUTH 10Y – 15Y

Gym and Group Fitness classes restricted to 13Y+ (requires mandatory initial gym orientation, and excludes BodyPump and BodyBalance).

GYM ONLY MEMBERSHIP

Gym only members have access to HIT, Sweat and Shine, Pilates, Up & Active Outdoors and Gym Stick.

OPENING HOURS

Monday to Thursday : 6:00am - 8:00pm
 Friday : 6:00am - 7:00pm
 Weekends : 8:00am - 5:00pm
 Public Holidays : 8:00am - 5:00pm

Extended gym hours

Monday to Thursday 6:00am - 9:00pm

CONTACT US

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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, etc).
- Sanitise and wipe down equipment before and after use.