

# GROUP FITNESS TIMETABLE

CLASS	DESCRIPTION	DURATION	INTENSITY
<b>Core 30</b>	30 minute sessions designed to improve core strength and stability. Utilises weights, bands and body weight resistance to tone the core and is suitable for all levels.	30 Minutes	Moderate
<b>Box Fit</b>	A fitness class with a focus on cardio fitness that includes boxing, aerobics and body-weight resistance exercise.	45 Minutes	Moderate
<b>Circuit</b>	An interval-style training format, this program is all about variety, results and the fun of sharing a group fitness experience. Using our LifeBand resistance equipment, Circuit at the Y combines cardio, endurance and resistance training to boost your fitness on a number of levels.	45 Minutes	Low
<b>Cross Train</b>	This combination class offers a variety of training styles including: aerobics, step, HIIT, fitball and tabata.	60 Minutes	Low
<b>Pilates/Power Core</b>	Designed to improve flexibility, strength, coordination and balance, with an emphasis on alignment, breathing and core strengthening. Utilises fitballs, bands and body weight; suitable for all levels.	45/60 Minutes	Low
<b>Power Bar</b>	A strength class using a bar and hand weights; suitable for all levels; great music!	45 Minutes	Low
<b>Power Fit</b>	An aerobics class to music that will keep you cardio fit and coordinated; suitable for all levels.	45 Minutes	Low
<b>Strength for Life</b>	Supervised strength, flexibility and balance program designed for those 50Y+. Conditions apply.	45 Minutes	Low
<b>Zumba</b>	Uses hypnotic Latin rhythms and easy-to-follow moves to burn calories, tone and shape your body.	60 Minutes	Moderate
<b>Zumba Toning</b>	Using light hand weights with easy-to-follow moves to the rhythm; burn calories while toning and shaping your body.	60 Minutes	Moderate
<b>Yoga</b>	Train your body, mind and spirit with Yoga for all fitness levels.	60 Minutes	Low

## 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).
- Sanitise and wipe down equipment before and after use.

## the Marion Leisure & Fitness Centre

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.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30am</b>	<b>Circuit</b>	<b>Circuit</b>		<b>Cross Train</b>	<b>Circuit</b>	<b>ZUMBA toning</b>
<b>9:00am</b>	<b>Strength for Life</b>		<b>Circuit</b> <b>Strength for Life</b>	<b>Strength for Life</b>		
<b>9:30am</b>	<b>Core 30</b>	<b>Power Bar</b> <b>Box Fit</b>		<b>Power Fit</b>	<b>Power Fit</b>	<b>Pilates/Power Core</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">60</span>
<b>10:00am</b>	<b>Pilates/Power Core</b>		<b>ZUMBA</b>	<b>Box Fit</b>		
<b>10:30am</b>		<b>YOGA</b> <b>Strength for Life</b>		<b>Pilates/Power Core</b>		
<b>11:00am</b>	<b>Strength for Life</b>		<b>Strength for Life</b>	<b>Strength for Life</b>	<b>Strength for Life</b>	
<b>11:30am</b>		<b>Strength for Life</b>				
<b>5:30pm</b>				<b>YOGA</b>		
<b>6:00pm</b>	<b>Box Fit</b>		<b>Box Fit</b>			

**PARTICIPATION REQUIREMENTS** | Bring a towel and drink bottle (and required equipment) to all classes.

### ALL ACCESS 16Y+

All Access members have access to all classes.

### ACTIVE ADULTS 60Y+

Active Adults members have access to all instructor led classes, excluding BoxFit.

### ACTIVE YOUTH (10Y-15Y)

Gym restricted to 13Y+ (requires mandatory initial gym orientation), and includes access to BoxFit and age appropriate classes.

### OPENING HOURS

Monday to Thursday : 7am - 9pm  
Friday : 7am - 7pm  
Weekends : 8am - 3pm

Cnr Oaklands Rd & Rosedale Ave, Morphettville, SA 5043

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