

GROUP FITNESS TIMETABLE^{V4}

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



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
8:30am	Circuit	Circuit		Cross Train	Circuit	ZUMBA toning
9:00am	Strength for Life		Circuit	Strength for Life		
9:30am	Core 30	Power Bar Box Fit		Power Fit	Power Fit	
10:00am	Pilates/ Power Core		ZUMBA	Box Fit		
10:30am		Yoga Strength for Life		Pilates/ Power Core		
11:00am	Strength for Life		Yoga Strength for Life	Strength for Life	Strength for Life	
1:00pm					Strength for Life	
6:15pm	Box Fit		Box Fit			

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 SA** App available on iOS and Android.