

GROUP FITNESS TIMETABLE

CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
	Improve your balance and coordination through various exercises in our Better Balance sessions.	45 Minutes	Low to moderate	Various	Increases core strength, improves coordination and balance.
	Strengthen and stretch in this class combining breath, balance, body weight moves and flexibility.	45 Minutes	Low to moderate	BYO Yoga mat	Improves flexibility and strength while enhancing well being.
	Supervised strength and balance training. Promoting health and well being for adults over 50.	60 Minutes	Low to moderate	Various	Enhance adults over 50's ability to undertake activities of daily living and maintain independence.
	Water resistance training; low-impact aerobic exercise.	45 Minutes	Moderate	Various	Improves cardio endurance, flexibility and strength.
	BOOT is a high intensity cardio class, designed to improve strength and conditioning.	45 Minutes	Moderate to high	Various	Cardiovascular endurance.
	Functional training workout; team coached training for ultimate results.	45 Minutes	High	Various	Increased strength and endurance, tones and shapes.



GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am						
8:00am						
8:30am						
9:00am						
						
9:30am						
10:00am						
5:30pm						

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

ACTIVE ADULTS 60Y+. KEY: A

Active Adults members have access to Aqua Fit, Better Balance, Flex and Bend, and Strength For Life.

ACTIVE YOUTH 10Y-15Y

Gym and Group Fitness classes restricted to 10Y+ (requires mandatory initial gym orientation, and excludes Boot, and Pilates).

OPENING HOURS

Monday to Friday | 6am - 8pm

Saturday | 8am - 4pm

Sunday | 9am - 4pm

Easter Monday | 10am - 3pm

Boxing Day | 10am - 3pm

Australia Day | 10am - 3pm

Closed all other public holidays

CONTACT US

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SAFETY MEASURES

- 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).
- You MUST 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.