





















CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
 Yoga ^A	Train your body, mind and spirit with Yoga for all fitness levels.	60 Minutes	Low	BYO Yoga Mat	Improved balance, strength, flexibility, relaxation and mood
 Flex & Bend ^A	Strengthen and stretch in this class combining breath, balance, body weight moves and flexibility.	60 Minutes	Low to Moderate	BYO Yoga Mat	Improves flexibility and strength while enhancing well being.
 Strength for Life ^A	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 an independent lifestyle.
 Aqua Fit ^A	Water resistance training; low-impact aerobic exercise.	45 Minutes	Moderate	Various	Improves cardio endurance, flexibility and strength.
 Tight & Toned ^A	An all body low impact workout using resistant bands.	45 Minutes	Moderate	Resistance bands / BYO mat	Perfect to build tone, and increase muscle growth.
 Workout of the Day	Follow a program specially designed by our qualified instructors.	40 Minutes	Moderate	Various	Shapes, tones and strengthens with all over fitness improvement
LES MILLS BODY PUMP	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.
CARDIO HIIT	A high intensity class that incorporates cardio and body weight moves to get you fit and burn the calories.	45 Minutes	High	Various	Cardio, strength and core training
POWER HIIT	High Intensity, Functional training using equipment, body weight and cardio exercises.	45 Minutes	High	Various	Burns fat, improves strength, and cardiovascular fitness.

GROUP FITNESS TIMETABLE



GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15am		 Yoga A	CARDIO HIIT	POWER HIIT	
9:00am	 Yoga A	 Tight & Toned A	POWER HIIT	LES MILLS BODYPUMP	 Flex & Bend A
	 Aqua Fit A	 Aqua Fit A	 Strength for Life A	 Aqua Fit A	 Aqua Fit A
10:00am	 Strength for Life A			 Strength for Life A	 Aqua Fit A
	 Aqua Fit A				
5:30pm	LES MILLS BODYPUMP		 Yoga A		

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

ACTIVE ADULTS 60Y+. KEY: A

Active Adults members have access to Aqua Fit, Flex and Bend, Strength For Life, Tight and Toned, and Yoga.

ACTIVE YOUTH 10Y-15Y

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

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 SA** App available on iOS and Android.