









































# GROUP FITNESS TIMETABLE

CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
 <b>Core 'n' Balance</b>	Focuses on endurance and core strength, using instability to force you to engage your muscles.	45/50 Minutes	Low	Various	Increased balance, core strength and endurance
 <b>Pilates</b>	Improves joint flexibility, tones and shapes, and enhances mental well-being.	45/50 Minutes	Low	BYO yoga mat	Increased balance and posture, coordination and flexibility
 <b>Better Balance</b>	Gentle exercises and tasks specifically designed to improve and maintain balance, stability and mobility.	50 Minutes	Low	BYO yoga mat	Increased balance and posture, coordination and flexibility
 <b>SLOW FLOW YOGA</b>	Mindful. Cathartic, Fluid. Step into a sanctuary of serenity with our Slow Flow Yoga class, designed to harmonise breath with movement in a gentle and deliberate manner.	50 Minutes	Low	BYO yoga mat	Strength, stability and flexibility
 <b>Strength for Life</b>	Supervised strength training program designed for those 50Y+	60 Minutes	Low	Resistance equipment	Increased strength and coordination, meet new friends
 <b>SENIORS STRENGTH &amp; CONDITIONING</b>	A functional exercise class designed specifically for active adults to maintain and develop their strength, endurance, mobility, and stability.	30 Minutes	Low to moderate	Various	Enhanced quality of living by improving functional strength and conditioning, and reduced risk of age-related conditions.
 <b>Core</b>	Core is your ultimate mid-section workout, not only its aimed at targeting the deep abdominal muscles, focusing on technique, activation and getting a great core blasting workout.	30 Minutes	Moderate	Various	Improves activation of the abdominals and builds strong core muscles, foundational to all aspects of fitness, health, and activities of daily living
 <b>CARDIO SCULPT</b>	Cardio Sculpt is a high-energy, fitness class that combines low impact cardio exercises, muscle sculpting using weights, core and butts.	45 Minutes	Moderate	Weights	Increased cardio
 <b>ABT</b>	A high-energy, functional workout designed to tone and strengthen abs, glutes, and thighs. Lower-body and core-focused, it blends targeted exercises with dynamic movement to build stability, sculpt muscle, and boost endurance.	30 Minutes	Moderate to high	Various	Increase strength and endurance for lower body
 <b>Strength &amp; Conditioning</b>	A class focused on movement, using functional exercises to improve athletic abilities, mobility, stability, strength, endurance, power, speed, agility and performance	30 Minutes	Moderate to high	Various	Increase overall strength, general health. Build lean, strong muscles, improve posture, strengthen bones and joints
 <b>Boxing</b>	Structured body fitness class for everyone incorporating boxing, cardio and functional fitness training	45 Minutes	Moderate to High	Training Gloves	Weight loss, muscle toning and cardio fitness
 <b>HIIT</b>	High intensity interval training in a circuit format with cardio and strength exercises	30 Minutes	High	Various	Build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn
 <b>IMPACT 45</b>	Functional HIIT workout; small group training for ultimate results	45 Minutes	High	Various – including kettlebells, weights, battling ropes, slam balls	Increased strength and endurance, tones and shapes



# GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	 Strength & Conditioning (30)	 HIIT (30)	 Strength & Conditioning (30)	 HIIT (30)	 IMPACT (45)	
6:30am	 Pilates (50)	 Core (30)	 Pilates (50)			
8:05am			 SLOW FLOW YOGA (50)	 SLOW FLOW YOGA (50)		 Pilates (50)
8:30am		 Pilates (45)				
9:00am	 SLOW FLOW YOGA (50)	 SENIORS STRENGTH & CONDITIONING (30)	 Better Balance (50)	 Core 'n' Balance (50)	 ABT (30)	
9:30am		 CARDIO SCULPT (45)				
10:00am	 Strength for Life (60)		 Strength for Life (60)	 Strength for Life (60)	 Strength for Life (60)	
11:00am			 Better Balance (50)			
6:00pm	 ABT (30)			 Boxing (45)		
6:30pm		 Strength & Conditioning (30)	 Pilates (50)			

## PARTICIPATION REQUIREMENTS

- Please obtain a ticket for all classes from Customer Service prior to class commencement.
- Bring a towel and drink bottle to all classes.

## ACTIVE ADULTS 60Y+

Active Adults members have access to Cardio Sculpt, Core n' Balance, Pilates, Seniors Strength and Conditioning, Slow Flow Yoga and Strength for Life.

## ACTIVE YOUTH 10Y – 15Y

Gym and Group Fitness classes restricted to 13Y+ (requires mandatory initial gym orientation, and includes access to Core n' Balance, Pilates and Slow Flow Yoga.

## OPENING HOURS

Monday to Friday : 7:00am - 9:00pm  
Weekends & Public Holidays : 8:00am - 4:00pm  
Good Friday and Christmas : Closed

## CONTACT US

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## SAFETY MEASURES

- Please book your class 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 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.

