

































GROUP FITNESS TIMETABLE

CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
 ABT	Strengthen and tone your lower body with this abs, butt and thighs workout	30 Minutes	Moderate	Various	Tones core, leg and glute muscles for functional strength
 Core 'n' Balance	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
 Pilates	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
 Better Balance	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
 Strength for Life	Supervised strength training program designed for those 50Y+	60 Minutes	Low	Resistance equipment	Increased strength and coordination, meet new friends
 Core	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
 meta PWR	Metabolic resistance training is one of the best, most intense strategies for building muscle, burning fat, and improving fitness. Take your conditioning workouts to another level with MetaPWR!	30 Minutes	Moderate to high	Various	Boost metabolism, burns fat, improves strength, speed and cardiovascular fitness
 Tabata	Ultimate HIIT formula for incredibly fast results; burn fat and increase strength	30 Minutes	Moderate to high	Various	Fast full body transformation; shapes and tones
 Strength & Conditioning	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
 HIIT	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
 HIIT8ox	A high intensity workout, using boxing in intervals to increase cardio.	30 Minutes	High	Training Gloves	Burn calories and cardio fitness
 metafit	A high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete	30 Minutes	High	Bodyweight	Boosts metabolism, burns fat, improves strength, speed and cardiovascular fitness
 IMPACT	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)	 Pilates (50)		
8:15am						 Pilates (50)
8:30am		 Pilates (45)				
9:00am			 Better Balance (50)	 Core 'n' Balance (50)	 Pilates (50)	 IMPACT (45)
9:30am		 Core 'n' Balance (45)				
10:00am	 Strength for Life (60)		 Strength for Life (60)	 Strength for Life (60)	 Strength for Life (60)	
11:00am			 Better Balance (50)			
5:30pm	 HIIT (30)			 HIIT (30)		
6:00pm		 Tabata (30)	 HIIT & Box (30)	 ABT (30)		
6:30pm		 Pilates (50)	 Core (30)			

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 Pilates, Core n' Balance 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 Pilates, Core n' Balance, and MetaFit.

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 SA** App available on iOS and Android

