

CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
LES MILLS BODYBALANCE	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered	60 Minutes	Low	BYO yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
LES MILLS BODYCOMBAT	Martial arts-inspired cardio for strength and endurance	45 Minutes	High	Nil	Tones and shapes, increases strength and endurance, builds self-confidence
LES MILLS BODYPUMP	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
LES MILLS CORE	Inspired by elite athletic training principles, Les Mills Core is a scientific core workout for incredible core tone and sports performance	30 Minutes	Moderate to High	Optional weight plates and resistance band	Run faster, move quicker, and become better at everything you do
LES MILLS SH'BAM	A fun-loving, insanely addictive dance workout.	45 Minutes	Moderate to High	Nil	Forget being a wallflower – if you walk in thinking you can't dance, you'll walk out knowing you can!

VIRTUAL FITNESS TIMETABLE

the Y

Starting 6 June 2022



24/7 GYM

Workout when it suits you, day or night, with 24/7 access.

Exclusive to All Access members. \$30 access card fee applies.

109 Woodville Road,
Woodville SA 5011
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ST CLAIR
RECREATION CENTRE

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). Water fountains are currently closed.
- Whenever possible bring your own equipment (yoga mats etc).
- Sanitize and wipe down equipment before and after use.
- Adhere to floor markings for designated social distancing.

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 13Y – 15Y

Active Youth members have 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

VIRTUAL FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am							
8:00am							
8:30am							
9:00am							
9:30am							
10:30am							
6:30pm							
7:00pm							



INTRODUCING THE NEW
YMCA SA APP



Book your spot in a group fitness class through the our App

