

# GROUP FITNESS TIMETABLE

CLASS	DESCRIPTION	DURATION	INTENSITY	ACCESS	EQUIPMENT	RESULT
 <b>Better Balance</b>	Gentle exercises and tasks specifically designed to improve and maintain balance, stability and mobility	40 minutes	Low	Active Adults	Various	Increased balance, mobility and confidence (fall prevention)
 <b>aqua ZUMBA</b>	Low-impact, high-energy aquatic exercise blending Zumba® philosophy with water resistance, for one pool party!	45 minutes	Low	Active Adults, Active Youth	Nil	Tone and sculpt your body while burning calories
 <b>CHAIR YOGA</b>	Gentle, using the chair for support, stability, and ease. For anyone looking for a mindful, accessible movement	45 minutes	Low	Active Adults, Active Youth	Chair	Improved balance, strength, flexibility, relaxation and mood
 <b>Pilates</b>	A series of non-impact exercises for balance, movement and posture	45 minutes	Low	Active Adults, Active Youth	BYO yoga mat	Increased balance and posture, coordination and flexibility
 <b>LES MILLS BODYBALANCE</b>	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered	60 minutes	Low	Active Adults, Active Youth	BYO yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
 <b>Strength for Life</b>	Supervised strength training program designed for those 50Y+	60 minutes	Low	Active Adults	Resistance equipment	Increased strength and coordination, meet new friends
 <b>SFL Aqua</b>	Low-impact individualised hydrotherapy, supervised by an exercise professional ( <b>assessment required</b> )	60 minutes	Low	Active Adults	Various	Increased strength, coordination, cardio fitness, balance and confidence
 <b>Yoga</b>	Train your body, mind and spirit with Yoga for all fitness levels	60 minutes	Low	Active Adults, Active Youth	BYO yoga mat	Improved balance, strength, flexibility, relaxation and mood
 <b>Aqua Fit</b>	Water resistance training; low-impact aerobic exercise	45 minutes	Low to moderate	Active Adults, Active Youth	Aqua dumbbells	Improved strength, flexibility and muscle endurance
 <b>Freestyle Step</b>	A fun cardio workout using steps to increase heartrate and burn calories	45 minutes	Moderate	Active Youth	Height adjustable step	Cardio fitness, muscular endurance, shapes and tones
 <b>Advanced CHAIR YOGA</b>	Challenge your strength and flexibility with enhanced stretches, balanced postures, and mindful movement	45 minutes	Moderate	Active Youth	Various	Improved balance, strength, flexibility, relaxation and mood
 <b>SCULPT</b>	Intense toning and workout class focusing on arms, abs, legs and glutes	30 & 45 minutes	Moderate	Active Youth	Various	Define your body with weights, bands, balls, and resistance
 <b>ZUMBA</b>	Uses hypnotic Latin rhythms and easy-to-follow moves to burn calories, tone and shape your body	60 minutes	Moderate	Active Adults, Active Youth	Zumba toning sticks	Tone and sculpt your body while burning calories
 <b>Aqua Deep</b>	A zero-impact high intensity deep water workout	45 minutes	Moderate to high	Active Adults, Active Youth	Flotation belts	Improved cardiovascular fitness and muscle conditioning
 <b>LES MILLS BODYATTACK</b>	A whole body cardio workout that burns calories while toning and shaping	45 minutes	Moderate to high	Active Youth	Nil	Build stamina with sports-inspired moves that will improve your coordination and agility
 <b>LES MILLS BODYPUMP</b>	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
 <b>FREESPIN</b>	Cycling cardio with pumping tunes, high intensity interval training	45 minutes	Moderate to high	Active Youth	Indoor stationary bikes	Increases endurance and strength and improves cardio fitness
 <b>IMPACT YOUTH</b>	Functional movement and weightlifting for 13- to 15-year-olds	45 minutes	Moderate to high	Active Youth	Various	Learn lifting and training techniques to build strength and agility
 <b>LES MILLS RPM</b>	Cycling cardio, high intensity interval training – increase your pulse and results!	45 minutes	Moderate to high	Active Youth	Indoor stationary bikes	Improves heart and lung fitness, increases strength and endurance
 <b>Tabata</b>	Ultimate HIIT formula for incredibly fast results	45 minutes	Moderate to high	Active Youth	Various	Fast full body transformation. Shapes and tones
 <b>IMPACT 45</b>	Functional HIIT workout; small group training for ultimate results	45 minutes	High		Various: kettlebells, weights, battling ropes, slam balls	Increased strength and endurance, tones and shapes



## GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45am		Better Balance (40)	Better Balance (40)	Better Balance (40)			
8:15am	Better Balance (40)				Better Balance (40)		
8:30am		Better Balance (40)	Better Balance (40)	Better Balance (40)			
9:00am	Strength for Life (60)				Strength for Life (60)		
9:15am						LESMILLS BODYPUMP (45)	SCULPT (45)
9:30am	Tabata (45)	LESMILLS BODYATTACK (45)	LESMILLS BODYPUMP (45)	Freestyle Step (45)	LESMILLS BODYBALANCE (60)		
10:15am				SCULPT (45)		Pilates (45)	LESMILLS BODYBALANCE (60)
10:30am	LESMILLS BODYPUMP (45)		LESMILLS BODYBALANCE (60)				
			Strength for Life (60)				
11:00am		Strength for Life (60)		Strength for Life (60)	CHAIR YOGA (45)		
5:30pm	LESMILLS BODYATTACK (45)	Pilates (45)	LESMILLS BODYPUMP (45)				
6:00pm					Yoga (60)		
6:30pm	LESMILLS BODYPUMP (45)	ZUMBA (60)	LESMILLS BODYBALANCE (60)	Yoga (60)			
7:30pm	Yoga (60)	SCULPT (express) (30)					
8:30pm	Advanced CHAIR YOGA (45)						

## FUNCTIONAL STUDIO / CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	IMPACT (45)	IMPACT (45)	IMPACT (45)		IMPACT (45)	
8:00am						IMPACT YOUTH (plus) (45)
9:00am						LESMILLS RPM (45)
9:30am			IMPACT (45)			
9:40am					FREESPIN (45)	
10:30am		FREESPIN (45)				
4:30pm	IMPACT YOUTH (45)					
5:30pm				LESMILLS RPM (45)		
6:15pm		LESMILLS RPM (45)				
6:30pm	IMPACT (45)	IMPACT (45)	IMPACT (45)	IMPACT (45)	IMPACT (45)	

## AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am	Aqua Fit (45)	Aqua Deep (45)	Aqua Fit (45)	Aqua Deep (45)	Aqua Fit (45)
7:50am	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)
8:40am	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Deep (45)
9:30am	SFL Aqua (60)		Aqua Fit (45)		
2:00pm				SFL Aqua (60)	
6:30pm		Aqua Fit (45)		aqua ZUMBA (45)	
7:00pm			Aqua Fit (45)		

### PARTICIPATION REQUIREMENTS

- Bring a towel and drink bottle to all classes.
- Late entry to class will not be permitted.

### ACTIVE ADULTS 60Y+

Active Adults members have access to all Aqua classes, Better Balance, BodyBalance, Chair Yoga, Pilates, Strength for Life, Yoga and Zumba.

### ACTIVE YOUTH 13Y – 15Y

Gym and Group Fitness classes restricted to 13Y+ (requires mandatory initial gym orientation); excludes Better Balance, BodyPump, Impact45 and Strength For Life classes. Active Youth members can bring an existing All Access member to train with then during Impact Youth+ class (Saturdays).

### OPENING HOURS

Monday to Friday | 6:00am - 9:00pm

Saturday | 7:00am - 6:00pm

Sunday | 8:00am - 4:00pm

Public Holidays | 9:00am - 5:00pm

### CONTACT US

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## SAFETY MEASURES

- Please book your group fitness online to avoid disappointment in case your desired class reaches occupancy.
- A towel and your own water are required (no exceptions).
- Where possible, bring your own equipment (yoga mats, boxing glove inners, etc).
- Sanitise and wipe down equipment before and after use.

Please note that the class timetable is subject to change based on attendance, demand and instructors



Book your class via our YMCA South Australia app, available on iOS App Store and Google Play Store.