














# GROUP FITNESS TIMETABLE
































CLASS	DESCRIPTION	DURATION	INTENSITY	BURN RATE	EQUIPMENT	RESULT
 <b>Better Balance</b> <sup>A</sup>	Gentle exercises and tasks specifically designed to improve and maintain balance, stability and mobility	45 Minutes	Low	Average of 250 calories	Various	Increased balance, mobility and confidence (fall prevention)
 <b>LES MILLS BODYBALANCE</b> <sup>A</sup>	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered	45 Minutes	Low	Average of 390 calories	BYO yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
 <b>Pilates</b> <sup>A</sup>	A series of non-impact exercises for balance, movement and posture	45 Minutes	Low	Average of 400 calories	BYO yoga mat	Increased balance and posture, coordination and flexibility
 <b>Strength for Life</b> <sup>A</sup>	Supervised strength training program designed for those 50Y+	60 Minutes	Low	Average of 320 calories	Resistance equipment	Increased strength and coordination, meet new friends
 <b>Yoga</b> <sup>A</sup>	Train your body, mind and spirit with Yoga for all fitness levels	60 Minutes	Low	Average of 250 calories	BYO yoga mat	Improved balance, strength, flexibility, relaxation and mood
 <b>Freestyle Step</b>	A fun cardio workout using steps to increase heartrate and burn calories	45 Minutes	Moderate	Average of 520 calories	Height adjustable step	Cardio fitness, muscular endurance, shapes and tones
<b>SCULPT</b>	Intense toning and workout class focusing on arms, abs, legs and glutes	30 & 45 Minutes	Moderate	Average of 220 calories	Various	Define your body with weights, bands, balls, and resistance
 <b>ZUMBA</b> <sup>A</sup>	Uses hypnotic Latin rhythms and easy-to-follow moves to burn calories, tone and shape your body	60 Minutes	Moderate	Average of 450 calories	Zumba toning sticks	Tone and sculpt your body while burning calories
 <b>LES MILLS BODYATTACK</b>	A whole body cardio workout that burns calories while toning and shaping	45 Minutes	Moderate to High	Average of 730 calories	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	Average of 560 calories	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	Average of 580 calories	Indoor stationary bikes	Increases endurance and strength and improves cardio fitness
 <b>LES MILLS RPM</b>	Cycling cardio, high intensity interval training – increase your pulse and results!	45 Minutes	Moderate to High	Average of 580 calories	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	Average of 650 calories	Various	Fast full body transformation. Shapes and tones
 <b>Boxing</b>	High energy training session using boxing techniques, drills and pad work	45 Minutes	High	Average of 400 calories	Gloves & Pads. BYO cotton inners	Weight burn, muscle toning and cardio fitness
 <b>IMPACT</b> <sup>26</sup>	Functional HIIT workout; small group training for ultimate results	45 Minutes	High	Average of 590 calories	Various – including kettlebells, weights, battling ropes, slam balls	Increased strength and endurance, tones and shapes
 <b>SFL Aqua</b> <sup>A</sup>	Low-impact individualised hydrotherapy, supervised by an exercise professional <i>(assessment required)</i>	60 Minutes	Low	Varies	Various	Increased strength, coordination, cardio fitness, balance and confidence
 <b>Aqua ZUMBA</b> <sup>A</sup>	Low-impact, high-energy aquatic exercise blending Zumba® philosophy with water resistance, for one pool party!	45 Minutes	Low	Average of 350 calories	Nil	Tone and sculpt your body while burning calories
 <b>Aqua Fit</b> <sup>A</sup>	Water resistance training; low-impact aerobic exercise	45 Minutes	Low to Moderate	Average of 410 calories	Aqua dumbbells	Improved strength, flexibility and muscle endurance
 <b>AquaDeep</b> <sup>A</sup>	A zero-impact high intensity deep water workout	45 Minutes	Moderate to High	Average of 500 calories	Flotation belts	Improved cardiovascular fitness and muscle conditioning




















Book your class via our **YMCA SA** App available on iOS and Android





















## GROUP FITNESS TINETABLE

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

## FUNCTIONAL STUDIO / CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	 IMPACT <sup>A</sup> (45)	 IMPACT <sup>A</sup> (45)	 IMPACT <sup>A</sup> (45)		 IMPACT <sup>A</sup> (45)	
9:00am						 LESMILLS RPM <sup>A</sup> (45)
9:30am			 IMPACT <sup>A</sup> (45)		 FREESPIN <sup>A</sup> (45)	
10:30am		 FREESPIN <sup>A</sup> (45)				
5:30pm	 Boxing <sup>A</sup> (45)			 LESMILLS RPM <sup>A</sup> (45)		
6:15pm		 LESMILLS RPM <sup>A</sup> (45)	 LESMILLS RPM <sup>A</sup> (45)			
6:30pm	 IMPACT <sup>A</sup> (45)	 IMPACT <sup>A</sup> (45)	 IMPACT <sup>A</sup> (45)	 IMPACT <sup>A</sup> (45)	 IMPACT <sup>A</sup> (45)	

## AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am	 Aqua Fit <sup>A</sup> (45)	 Aqua Fit <sup>A</sup> (45)	 Aqua Fit <sup>A</sup> (45)	 Aqua Fit <sup>A</sup> (45)	 Aqua Fit <sup>A</sup> (45)
8:30am	 Aqua Fit <sup>A</sup> (45)	 Aqua Fit <sup>A</sup> (45)	 Aqua Fit <sup>A</sup> (45)	 Aqua Fit <sup>A</sup> (45)	 Aqua Fit <sup>A</sup> (45)
9:30am	 Aqua Fit <sup>A</sup> (45)	 Aqua Deep <sup>A</sup> (45)	 Aqua Fit <sup>A</sup> (45)	 Aqua Deep <sup>A</sup> (45)	
9:30am		 SFL Aqua <sup>A</sup> (60)			
6:30pm		 Aqua Fit <sup>A</sup> (45)		 AQUA ZUMBA <sup>A</sup> (45)	
7:15pm			 Aqua Fit <sup>A</sup> (45)		

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

## 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.
- Late entry to class will not be permitted.

## ACTIVE ADULTS 60Y+ | KEY: <sup>A</sup>

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

## 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.