

# 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>CYCLE CIRCUIT</b>	Cycle Circuit is a cardio circuit including cycle stations	45 minutes	Moderate to high		Various	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 24/7</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						LES MILLS BODY PUMP (45)	SCULPT (45)
9:30am	Tabata (45)	LES MILLS BODYATTACK (45)	LES MILLS BODYPUMP (45)	Freestyle Step (45)	LES MILLS BODYBALANCE (60)		
10:15am				SCULPT (45)		Pilates (45)	LES MILLS BODYBALANCE (60)
10:30am	LES MILLS BODYPUMP (45)	CYCLE CIRCUIT (45)	LES MILLS BODYBALANCE (60)				
			Strength for Life (60)				
11:00am		Strength for Life (60)		Strength for Life (60)	Chair Yoga (45)		
5:30pm	CYCLE CIRCUIT (45)	Pilates (45)	LES MILLS BODYPUMP (45)				
6:00pm					Yoga (60)		
6:30pm	LES MILLS BODYPUMP (45)	ZUMBA (60)	LES MILLS BODYBALANCE (60)	Yoga (60)			
7:30pm	Yoga (60)	SCULPT (express) (30)					
8:30pm	Advanced Chair Yoga (45)						

## FUNCTIONAL STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am	IMPACT (45)	IMPACT (45)	IMPACT (45)		IMPACT (45)
9:30am			IMPACT (45)		
6:30pm	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)		

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

## 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.

## 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.



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