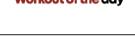


CLASS	DESCRIPTION	DURATION	INTENSITY	LOCATION	EQUIPMENT	RESULT
 <b>Splash Splash</b>	Playgroup catering to 6mth – preschool age children in a fun non-structured session	60 Minutes	For Fun	Indoor Pool	Various	Child water familiarization and confidence
 <b>Water Walking</b>	DIY - Water resistance walking; low impact therapy & exercise	60 Minutes	Low	Indoor Pool	N/A	Improves cardio fitness, balance and range of motion
 <b>AQUA CIRCUIT</b>	Aqua Circuit is a self-guided, low-impact pool workout using dumbbells, kickboards, and noodles. Rotate through cardio and strength stations at your own pace	45 Minutes	Moderate	Indoor Pool	Dumbbells, kickboards, noodles & bodyweight	Enhances strength, cardio, and flexibility
 <b>Aqua HIIT</b>	High intensity interval, water resistance training	45 Minutes	Moderate to high	Indoor Pool	Dumbbells, noodles, kickboard, etc	Improves muscle and increases heart rate
 <b>OUTDOOR AQUA</b>	Outdoor Aqua is a high intensity interval, water resistance training	45 Minutes	Moderate to high	Outdoor Pool	Dumbbells, noodles, kickboard, etc	Improves muscle and increases heart rate
 <b>Chair YOGA</b>	Helps you improve flexibility, balance, and strength all from the comfort of a chair. Feel relaxed, energised and stronger	45 Minutes	Low	Group Fitness Studio	Various	Improves joint flexibility, tones and shapes, enhances mental wellbeing
 <b>Strength for Life</b>	Supervised strength training program with individual programs designed for those 50Y+	60 Minutes	Low	Gym	Various	Strength and coordination, and meet new friends
 <b>PILATES</b>	Controlled movement aimed at sculpting and strengthening the whole body, mind and spirit	45 Minutes	Moderate	Group Fitness Studio	Various	Building muscular endurance and strength
 <b>SCULPT &amp; STRENGTH</b>	A strength-based, pattern functional movement to help increase muscle mass and burn calories, even at rest	30 Minutes	Moderate	Group Fitness Studio	Various	Build strength and tone muscles
 <b>CIRCUIT X</b>	A circuit style class incorporating strength-based exercises along with cardio to get heart rate up	30 Minutes	Moderate to high	Group Fitness Studio	Various	Strength, cardio, mobility
 <b>Weight &amp; Mates</b>	A gym-based group training session, incorporating super sets, high intensity intervals and strength work all in one	30 Minutes	Moderate to high	Gym	Weights and machines	Strengthening full body, working up a sweat, burning fat and creating lean muscle
 <b>WOTD</b> <small>Workout of the day</small>	Workout of the Day (WOTD) is a different set of exercises, modality and duration	30 Minutes	Moderate to high	Various	Various	Increased strength, and cardio vascular endurance
 <b>RIP</b>	Weight-based resistance training for a total body workout	45 Minutes	Moderate to high	Group Fitness Studio	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 <b>HIIT CIRCUIT</b>	A 30-minute intense HIIT workout, designed to build muscle, increase power and burn hundreds of calories	30 Minutes	High	Group Fitness Studio	Barbells, dumbbells, Steps	Improve strength, cardiovascular fitness and build lean muscle

# GROUP FITNESS TIMETABLE



# GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15am			<b>RIP</b> 45m		
6:30am	<b>WOTD</b> 30m Workout of the day	<b>HIIT CIRCUIT</b> 30m		<b>SCULPT &amp; STRENGTH</b> 30m	<b>CIRCUIT X</b> 30m
8:00am				<b>Strength for Life</b> 60m	
9:15am	<b>Weight &amp; Mates</b> 30m		<b>PILATES</b> 45m	<b>Weight &amp; Mates</b> 30m	
10:15am		<b>CLAIR YOGA</b> 45m			
11:00am	<b>Strength for Life</b> 60m	<b>Strength for Life</b> 60m			
5:30pm	<b>SCULPT &amp; STRENGTH</b> 30m	<b>PILATES</b> 45m	<b>RIP</b> 45m		

## AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:00am	<b>Water Walking</b> 60m					
7:00am	<b>Aqua HIIT</b> 45m	<b>Water Walking</b> 60m	<b>Aqua HIIT</b> 45m	<b>Aqua HIIT</b> 45m	<b>Aqua HIIT</b> 45m	
8:00am	<b>Water Walking</b> 60m					
11:15am			<b>Aqua HIIT</b> 45m			
12:00pm	<b>OUTDOOR AQUA</b> 45m	<b>Water Walking</b> 60m		<b>AQUA CIRCUIT</b> 45m		
1:00pm	<b>Water Walking</b> 60m	<b>Water Walking</b> 60m	<b>Water Walking</b> 60m	<b>Water Walking</b> 60m		
1:30pm					<b>Water Walking</b> 60m	<b>Water Walking</b> 60m
2:00pm	<b>Aqua HIIT</b> 45m		<b>Water Walking</b> 60m	<b>Water Walking</b> 60m		
2:30pm					<b>Water Walking</b> 60m	
4:15pm		<b>Aqua HIIT</b> 45m				
5:00pm		<b>Water Walking</b> 60m				
6:00pm		<b>OUTDOOR AQUA</b> 45m				



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

## PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

### ACTIVE ADULTS 60Y+

Includes: Aqua Circuit, Aqua HIIT, Chair Yoga, Circuit X, HIIT, HIIT Circuit, Outdoor Aqua, Pilates, RIP, Sculpt and Strength, Strength for Life, Water Walking, Weight and Mates, WOTD.

### ACTIVE YOUTH 10Y – 15Y

Gym and selected group fitness classes restricted to 13Y+ (requires mandatory initial gym orientation).

### SUMMER OPENING HOURS

Monday to Thursday: 6am-9pm  
Friday: 6am-7pm  
Saturday: 9am-6pm  
Sundays & Holidays: 1pm-6pm

### WINTER OPENING HOURS

Monday to Thursday: 6am-9pm  
Friday: 6am-7pm  
Weekends & Holidays: 9am-1pm

### CONTACT US

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[thevalleys.com.au](http://thevalleys.com.au)

## SAFETY MEASURES

- Please book your group fitness via the YMCA SA App 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, boxing glove inners, etc).
- Sanitise and wipe down equipment before and after use.

## VIRTUAL GROUP FITNESS

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HIIT30, DANCE & SWEAT,  
TAEBO, YOGA + MORE!  
FREE FOR  
VALLEYS MEMBERS