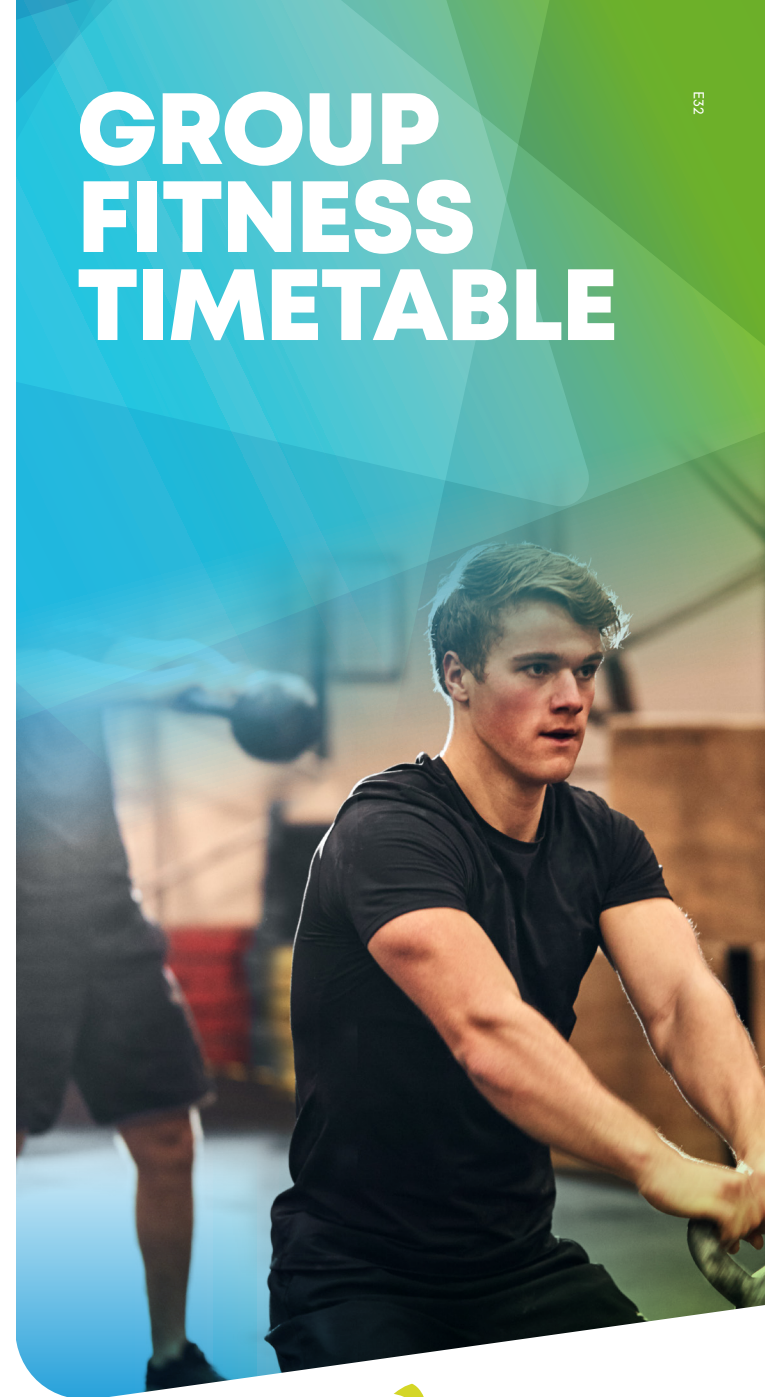


GROUP FITNESS TIMETABLE

CLASS	DESCRIPTION	DURATION	INTENSITY	LOCATION	EQUIPMENT	RESULT
 Splash Splash	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
 Water Walking	DIY - Water resistance walking; low impact therapy & exercise	60 Minutes	Low	Indoor Pool	N/A	Improves cardio fitness, balance and range of motion
 AQUA CIRCUIT	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
 Aqua HIIT	High intensity interval, water resistance training	45 Minutes	Moderate to high	Indoor Pool	Dumbbells, noodles, kickboard, etc	Improves muscle and increases heart rate
 OUTDOOR AQUA	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
 CHAIR YOGA	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
 Strength for Life	Supervised strength training program with individual programs designed for those 50Y+	60 Minutes	Low	Gym	Various	Strength and coordination, and meet new friends
 PILATES	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
 SCULPT & STRENGTH	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
 CIRCUIT X	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
 Weight & Mates	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
 WOD Workout of the day	Workout of the Day (WOD) is a different set of exercises, modality and duration	30 Minutes	Moderate to high	Various	Various	Increased strength, and cardio vascular endurance
 RIP	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
 HIIT CIRCUIT	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

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

AQUA CLASSES

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

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/TheValleysLifestyleCentre

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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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TAEBO, YOGA + MORE!
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