












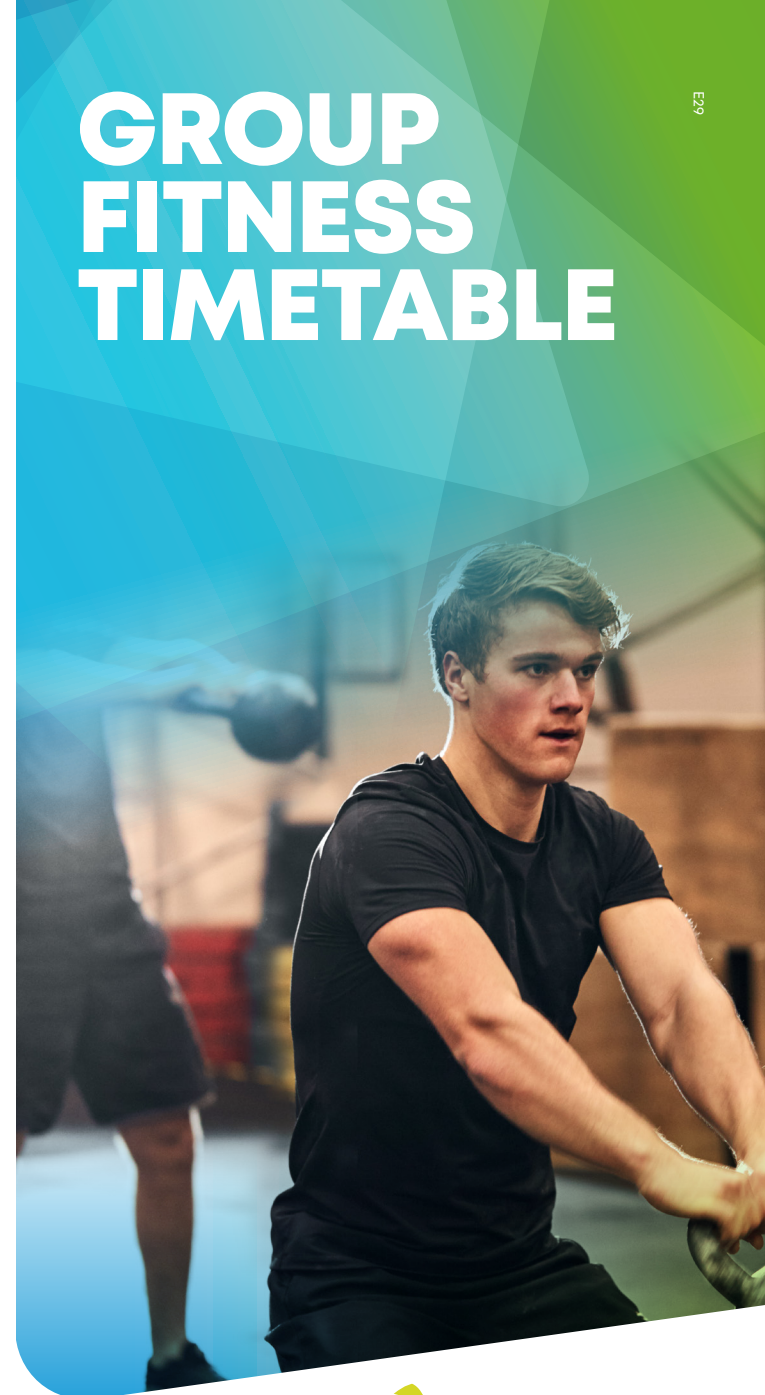


# GROUP FITNESS TIMETABLE

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 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>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>CORE CYCLE FUSION</b>	Core Cycle Fusion is an energising combination of cardio and core, from high-intensity cycling to targeted core exercises	30 Minutes	Moderate	Group Fitness Studio	Bikes, mats and weights	Build cardio endurance and core strength in a balanced full-body workout
 <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>RIP</b>	Weight-based resistance training for a total body workout	30 Minutes	Moderate to high	Group Fitness Studio	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 <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> Workout of the day	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>HIIT</b>	A high intensity class incorporating weights in a hiit style to keep that heart rate up for the whole 30 minutes	30 Minutes	High	Group Fitness Studio	Various	Strength, cardio, mobility



## GROUP FITNESS TIMETABLE

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

## AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:00am	<b>Water Walking</b> 60m		<b>Water Walking</b> 60m	<b>Water Walking</b> 60m	<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	<b>Water Walking</b> 60m	<b>Water Walking</b> 60m		<b>Water Walking</b> 60m	
9:30am						<b>Water Walking</b> 60m
10:30am						<b>Splash</b> 60m
11:15am			<b>Aqua HIIT</b> 45m			
12:00pm	<b>Aqua HIIT</b> 45m	<b>Water Walking</b> 60m		<b>Aqua HIIT</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	
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>Aqua HIIT</b> 45m				

### PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

### ACTIVE ADULTS 60Y+

Includes: Aqua Hiit, Chair Yoga, Circuit X, Core Cycle Fusion, HIIT, Pilates, Rise and Grind, Sculpt and Strength, Strength for Life, Water Walking, Weight and Mates, WOTD, Yoga.

### ACTIVE YOUTH 10Y – 15Y

Gym and 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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## 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.



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

**VIRTUAL**  
**GROUP FITNESS**

powered by myzone®

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