

















GROUP FITNESS TIMETABLE

CLASS	DESCRIPTION	DURATION	INTENSITY	LOCATION	EQUIPMENT	RESULT
 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 Fit	Water resistance training; low-impact aerobic exercise	60 Minutes	Low to Moderate	Indoor Pool	Dumbbells, noodles, Kickboard, etc	Improves strength, flexibility and muscle endurance
 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
 AQUA STEP	A high intensity step class in the pool, incorporating strength and cardio moves in a class that keeps that heart rate high	45 Minutes	Moderate to High	Indoor Pool	Various	Burn calories and work up and sweat in the water
 Yoga	Utilising a range of movements and motions set to music that will improve your mind, your body and your life	30/45 Minutes	Low	Group Fitness Studio	BYO Yoga Mat	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
 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
 CORE VS CARDIO	A core based class focusing on strengthening through the whole core with the addition of high intensity intervals of cardio	30 Minutes	Moderate to High	Group Fitness Studio	Various	Improve strength, cardiovascular fitness and build lean muscle
 HillStep	A high energy class that pushes you to NEW limits. Using only your body weight and steps, make your heart race and muscles burn	30 Minutes	Moderate to High	Group Fitness Studio	Step	Tone and sculpt your body while burning calories
 Revolution express	Cycle your way up and down inclines, through speed tracks and feel the burn the entire way	30 Minutes	Moderate to High	Group Fitness Studio	Stationary Bikes	Improves heart & lung fitness, strength and endurance
 WOTD Workout of the day	Workout of the Day (WOTD) is a different set of exercises, modality and duration	30 Minutes	Moderate to High	Various	Variety	Increased strength, and cardio vascular endurance
 BOOT CAMP	Intense circuit-based training incorporating HIIT, strength and functional training	45 Minutes	Moderate to High	Various	Various	Provides a full body burn
 Boxing	Structured fitness to learn boxing, kickboxing and functional training at your own level	45 Minutes	Moderate to High	Group Fitness Studio	Various	Weight loss, muscle toning and cardio fitness
 Lower Body Burn	A strength-based workout, with high intensity interval sets in-between designed to strengthen the lower body	30 Minutes	High	Group Fitness Studio	Barbells, dumbbells, steps	Build lean muscle and get your heart rate up
 Upper Body Blast	Upper body blast is a strength-based workout, with high intensity interval sets in-between	30 Minutes	High	Group Fitness Studio	Barbells, dumbbells, kettlebells	Strengthen the upper body, build lean muscle and get your heart rate up

























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

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	WOTD 30m Workout of the day	 Lower Body Burn 30m	 SCULPT & STRENGTH 30m	 Upper Body Blast 30m	 Revolution express 30m	
7:00am				 Yoga 30m		
8:30am						 BOOT CAMP 45m
9:15am	 Weight & Mates 30m		 SCULPT & STRENGTH 30m		 HillStep 30m	
9:30am		 Yoga 45m				
11:00am	 Strength for Life 60m	 Strength for Life 60m			 Strength for Life 60m	
5:30pm		CORE VS CARDIO 30m	 HillStep 30m			
5:45pm	 SCULPT & STRENGTH 30m			 Boxing 45m		

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:00am	 Water Walking 60m				 Water Walking 60m	
7:00am	 Aqua HIIT 45m	 Water Walking 60m	 Water Walking 60m	 Water Walking 60m	 Aqua HIIT 45m	
8:00am	 Water Walking 60m		 Water Walking 60m		 Water Walking 60m	
12:00pm	 Aqua Fit 60m			 Water Walking 60m		
1:00pm	 Water Walking 60m	 Water Walking 60m				
1:30pm						 Water Walking 60m
2:00pm	 Aqua Fit 60m		 Water Walking 60m			
2:30pm				 Aqua Fit 60m	 Water Walking 60m	
5:00pm		 Water Walking 60m				
6:00pm		 Aqua Fit 60m	 Aqua Fit 60m			
6:45pm				AQUA STEP 45m		

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

ACTIVE ADULTS 60Y+

Strength for Life, Aqua Fit, Water Walking, Yoga, HIIT Circuit, Upper Body Blast, Lower Body Burn, and WOTD.

ACTIVE YOUTH 10Y – 15Y

Gym and Group Fitness classes restricted to 13Y+ (requires mandatory initial gym orientation, and excludes RIP classes).

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.



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VIRTUAL
GROUP FITNESS

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**HIIT30, DANCE & SWEAT,
TAEBO, YOGA + MORE!**
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