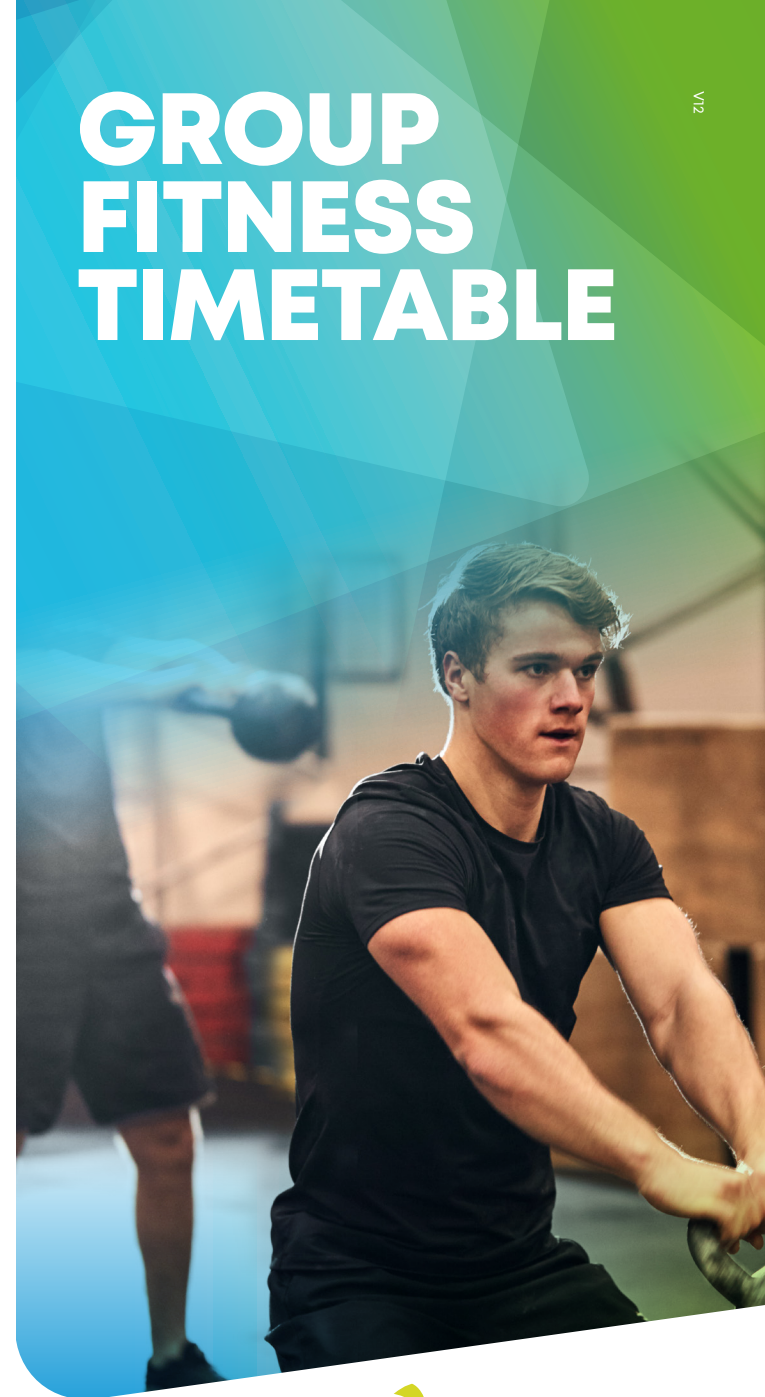


GROUP FITNESS TIMETABLE

CLASS	DESCRIPTION	DURATION	INTENSITY	LOCATION	EQUIPMENT	RESULT
 Splish Splash	Playgroup catering to 6mth – preschool age children in a fun non-structured session	60 Minutes	For fun	Indoor Pool	Various	Child water familiarisation and confidence
 SPORTS RECOVERY	DIY - The perfect opportunity to ease all those sore spots via water walking and resistance, through low impact therapy.	60 Minutes	Low	Indoor Pool	N/A	Assists muscle recovery
 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
 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
 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
 HIIT Step	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
 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
 WOTD <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	Variety	Increased strength, and cardio vascular endurance
 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



GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	
9:15am	Weight & Mates 30m	Yoga 45m	PILATES 45m		HiitStep 30m
11:00am	Strength for Life 60m	Strength for Life 60m			Strength for Life 60m
5:30pm		CORE VS CARDIO 30m	HiitStep 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		Water Walking 60m	
6:15am				AQUA STEP 45m		
7:00am	Aqua HIIT 45m	Water Walking 60m	Aqua HIIT 45m	Water Walking 60m	Aqua HIIT 45m	
8:00am	Water Walking 60m	Water Walking 60m	Water Walking 60m		Water Walking 60m	
9:00am						SPORTS RECOVERY 60m
10:00am						Water Walking 60m
11:00am						Splash Splash 60m
12:00pm	Aqua Fit 60m			Water Walking 60m		
12:30pm					Water Walking 60m	
1:00pm	Water Walking 60m	Water Walking 60m	Water Walking 60m	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 STEP 45m			
7:00pm		SPORTS RECOVERY 60m				

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

ACTIVE ADULTS 60Y+

Aqua Fit, Aqua Hiit, Aqua Step, Core Vs Cardio, Lower Body Burn, Pilates, Sculpt and Strength, Sports Recovery, Strength for Life, Upper Body Blast, Water Walking, Weight and Mates, WOTD, Yoga.

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

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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 SA** App available on iOS and Android.

VIRTUAL GROUP FITNESS

powered by myzone

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