

GROUP FITNESS TIMETABLE





































CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
 Aqua Fit	Water resistance training; low-impact aerobic exercise	45 Minutes	Low to Moderate	Aqua dumbbells	Improved strength, flexibility and muscle endurance
 Active Hearts AEROBICS	A gentle aerobics class set to 70s music. Easy to follow steps to improve arm movement, coordination, circulation and mobility	45 Minutes	Low	Various	Improves joint flexibility, tones & shapes, enhances mental wellbeing
 CHAIR YO-LATES	Gentle based yoga and Pilates exercises using a chair	45 Minutes	Low	Chair	Improved mobility and strength
 FIT FUNCTIONAL AND FUN	Gentle based mobility and movement exercises to keep the body moving where you can choose your own workout	45 Minutes	Low	Bands, light weights, fitballs and chair	Increase strength and fitness in a non-impact environment
 Pilates	A series of non-impact exercises for balance, movement and posture	45 Minutes	Low	BYO yoga mat	Increased balance and posture, coordination and flexibility
 Strength for Life	Supervised strength training program designed for those 50Y+	45/60 Minutes	Low	Resistance equipment	Improves joint flexibility, tones & shapes, enhances mental wellbeing
 LES MILLS BODYBALANCE	Inspired by yoga, tai chi and Pilates; leaving you strong, calm and centered	60 Minutes	Low	Yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
 YOGA	Improves joint flexibility, tones and shapes and enhances mental wellbeing. Train your body, mind and spirit with yoga for all fitness levels	60 Minutes	Low	Body weight and mat	Flexibility and mobility
 ACTIVE HEARTS HIIT	Cardio and functional strength-based exercises done to different work/rest timings to get you moving	45 Minutes	Low to Moderate	Various	Increased cardio, strength, balance and coordination
 ABT	Strengthen and tone your lower body with this abs, butt and thighs Workout using resistance bands, weights and body exercises	45 Minutes	Moderate	Various	Tones core, leg and glute muscles for functional strength
 Freestyle Step	A fun cardio workout using steps to increase heart rate and burn calories	45 Minutes	Moderate	Step	Cardio fitness, muscular endurance, shapes and tones
 LES MILLS RPM	Cycling cardio, high intensity interval training – increase your pulse and results!	45 Minutes	Moderate to High	Indoor stationary bikes	Improves heart and lung fitness, increases strength and endurance
 SWEAT SHRED & STRONG	A results-driven HIIT Step workout combining simple step combinations and resistance training. Strength and toning exercises to rev-up your workout and burn calories	45 Minutes	Moderate to High	Body, step, weight, dynabands and barbells	Cardio, tone and strength
 Tabata	High-intensity training that blasts calories & moves so quickly that it's hard to get bored	45 Minutes	Moderate to High	Various	Cardio fitness, strength, tone and sculpt
 Tae Power	Martial arts inspired combinations to give a full body workout and get your heart rate going	45 Minutes	Moderate to High	Nil	Tones and shapes, increases strength and endurance
 LES MILLS BODYPUMP	Weight-based resistance training for a total body workout	45/60 Minutes	Moderate to High	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 RIP	A barbell workout that incorporates functional orthopedic strength training using weights and body weight	45/60 Minutes	Moderate to High	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 IMPACT	Functional HIIT workout; small group training for ultimate results	45 Minutes	High	Kettlebells, weights, ropes, slam balls	Increased strength and endurance, tones and shapes
 LES MILLS BODYCOMBAT	Martial arts-inspired cardio for strength and endurance	60 Minutes	High	Nil	Tones and shapes, increases strength and endurance, builds self-confidence






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

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10am	LES MILLS BODYPUMP 	Tabata 	LES MILLS BODYPUMP 	Pilates 		
8:15am	ACTIVE HEARTS HIIT 	Pilates 	Active Hearts AEROBICS 	LES MILLS BODYPUMP 	Active Hearts AEROBICS 	
8:30am						LES MILLS BODYPUMP 
9:00am	Strength for Life 		Strength for Life 		Strength for Life 	
9:15am (a)	Tabata 	RIP 	Tae Power 	CHAIR YO-LATES 	SWEAT SHRED & STRONG 	
9:15am (b)		FIT & FUNCTIONAL AND FUN 				
9:30am						LES MILLS BODYBALANCE 
10:15am	LES MILLS BODYBALANCE 		YOGA 		Pilates 	
5:30pm	RIP 	Freestyle Step 	RIP 	Freestyle Step 	LES MILLS BODYCOMBAT 	
5:45pm	LES MILLS RPM 					
6:25pm		ABT 		YOGA 		
6:30pm	LES MILLS BODYCOMBAT 		LES MILLS BODYCOMBAT 	LES MILLS RPM 	LES MILLS BODYBALANCE 	
7:20pm		LES MILLS BODYBALANCE 				

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am	Aqua Fit 		Aqua Fit 			
10:15am					Aqua Fit 	

Please note, class timetable is subject to change based on attendance demand and instructors.

PARTICIPATION REQUIREMENTS

- Please obtain a ticket for all classes from Customer Service prior to class commencement
- Bring a towel and drink bottle to all classes

ACTIVE ADULTS 60Y+

Active Adults members can attend most classes but exclusions apply to Impact 45.

ACTIVE YOUTH 10Y – 15Y

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

OPENING HOURS

Monday to Thursday : 6:00am - 9:00pm
 Friday : 6:00am - 8:00pm
 Saturday : 9:00am - 5:00pm
 Sunday : 10:00am - 5:00pm
 Public Holidays : 12:00pm - 5:00pm

CONTACT US

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SAFETY MEASURES

- Please book your group fitness online to avoid queueing 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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