

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
 Aqua Deep	Deep Water Aqua incorporates toning and cardio exercises to music in deep water with buoyancy belts (provided). The ability to swim is not required	45 Minutes	Moderate	Buoyancy belts provided	Increase strength and fitness in a non-impact environment
 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
 LESMILLS 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
 Sound Bath Meditation	Sound Bath Meditation creates the opportunity for deep relaxation through healing vibrations.	45 Minutes	Low	Mat	Balanced
 YOGA	Beginners Yoga: train your body, mind and spirit using gentle mobility and exercises. Standard Yoga: improve joint flexibility, tone and shape, and enhance mental wellbeing, 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
 LESMILLS 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
 LESMILLS 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 2	Functional HIIT workout; small group training for ultimate results	45 Minutes	High	Kettlebells, weights, ropes, slam balls	Increased strength and endurance, tones and shapes
 LESMILLS Shapes	Pilates, sculpt, and power yoga set to modern beats, with small, controlled movements to improve muscle, alignment and increase flexibility; it's low impact but intense training	45 Minutes	High	Mat, sliders, bands	Sculpt, strengthen, align and increase flexibility
 LESMILLS BODYCOMBAT	Martial arts-inspired cardio for strength and endurance	60 Minutes	High	Nil	Tones and shapes, increases strength and endurance, builds self-confidence



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				
9:15am (C)		Beginners YOGA				
9:30am						LES MILLS BODYBALANCE
10:15am	LES MILLS BODYBALANCE		YOGA		Pilates	
5:30pm	RIP	Freestyle Step	RIP	LES MILLS Shapes	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				
7:45pm				Sound Bath Meditation		

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am	Aqua Fit		Aqua Fit			
10:15am					Aqua Fit	
6:20pm		Aqua Deep				

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, Sound Bath Meditation.

ACTIVE YOUTH 10Y – 15Y

Gym and Group Fitness classes restricted to 13Y+ (requires mandatory initial gym orientation), and excludes BodyPump, RIP, Sound Bath Meditation, 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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Please note, class timetable is subject to change based on attendance demand and instructors.

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.



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