

**TIMETABLES EFFECTIVE FROM DEC 11TH – JAN 14TH 2017**

**GROUP FITNESS STUDIO**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	BODY PUMP (v)	CX WORKX (v)	BODY BALANCE (v)	CX WORKX (v)	BODY COMBAT (v)		
7:15AM	CX WORKX (v)	BODY PUMP (v)	CX WORKX (v)	BODY PUMP (v)	CX WORKX (v)		
8:00AM	BODY BALANCE (v)		STRONG MOVERS		STRONG MOVERS		
8:15AM						BODY BALANCE (v) (E)	
9:00AM	CX WORKX (v)	CX WORKX (v)	CX WORKX (v)	CX WORKX (v)	CX WORKX (v)	CX WORKX (v)	CX WORKX (v)
9:30AM	SH'BAM (v)	BODY COMBAT	BODY PUMP	BOXING	PILATES	BODY PUMP	BODY COMBAT (v)
10:45AM	PILATES	YOGA	PILATES	BODY BALANCE	BODY PUMP (v)	BODY COMBAT (v)	BODY PUMP (v)
12:00PM	BODY COMBAT (v)	CX WORKX (v)	SH'BAM (v)	CX WORKX (v)	BODY BALANCE (v)	SH'BAM (v)	SH'BAM (v)
1:00PM	BODY BALANCE (v)	BODY PUMP (v)	CX WORKX (v)	BODY PUMP (v)	CX WORKX (v)		
3:00PM						BODY COMBAT (v)	BODY PUMP (v)
4:00PM						BODY PUMP (v)	BODY COMBAT (v)
5:30PM	BODY PUMP	CX WORKX (v)	BOXING	BODY PUMP (v)	BODY PUMP (v)	BODY BALANCE (v)	CX WORKX (v)
6:00PM							BODY BALANCE (v)
6:30PM	BODY COMBAT (v)	BODY COMBAT (v)	BODY PUMP (v)	BODY COMBAT (v)	CX WORKX (v)		
7:30PM	ZUMBA	BODY PUMP (v)	BODY BALANCE (v)	SH'BAM (v)	BODY BALANCE (v)		

**MIND & BODY STUDIO (GRECHE)**

8:15AM							
9:30AM							
7:30PM		YOGA		BODY BALANCE			

**CYCLE STUDIO**

6:00AM		RPM					
8:15AM						RPM	
9:30AM	RPM				RPM		
5:30PM							
6:30PM		RPM	RPM				

**AQUA**

8:15AM		AQUA MOVERS		AQUA MOVERS		AQUA WORKOUT	
9:15AM	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS		
7:35PM		AQUA WORKOUT		AQUA WORKOUT			



**(V) VIRTUAL CLASS** – Les Mills Virtual is a technology based group exercise class played via a projector screen

**(E) EXPRESS CLASS** –30 minute class

## CLASS DESCRIPTIONS

**BODYBALANCE™** Ideal for anyone and everyone, BODYBALANCE is the yoga-based class that will improve your mind, your body and your life. This vitality-boosting program can help reduce body fat, increase core strength, improve flexibility and ease anxiety. If you want youthful energy and vitality, BODYBALANCE is a great way to get it! BODYBALANCE 55 minutes.

**BODYCOMBAT®** This high-energy martial arts workout works your legs, tones your arms, back and shoulders and provides phenomenal core training- equal to the core activation of 1700 crunches! You destroy calories, develop coordination, agility and speed. BODYCOMBAT combines non-contact kicking and punching with fresh functional training moves designed to improve your speed, fitness and agility. Prepare to be physically and mentally challenged. 55 minutes.

**BODYPUMP™** is for anyone looking to get lean, toned and fit – fast. Research has confirmed that BODYPUMP has strong calorie and fat-burning effects improving aerobic fitness, muscular strength and endurance. BODYPUMP uses THE REP EFFECT, a breakthrough in resistance training which is proven to deliver a total body transformation. 55 minutes.

**PILATES:** Our Pilates classes help develop core strength and coordination through traditional Pilate's movement patterns, the use of breath and correct alignment. You'll feel a difference in your posture and overall toning with every class. 55 minutes.

**LES MILLS GRIT™** high-intensity interval training (HIIT) workout, designed to improve strength cardiovascular fitness and build lean muscle. Increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. It takes HIIT and combines it with powerful music to get fit, fast. 30-minutes

**SH'BAM** is a fun vibrant, unique and varied class featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves. 45 minutes

**CX WORX™** Based on cutting-edge scientific research, CXWORX is the ultimate way to get toned. With dynamic training that homes in on your abs, glutes, back, oblique's, and "slings" connecting the upper and lower body. CXWORX will leave you looking good and feeling strong. 30 minutes

**STRONG MOVERS:** classes are safe and fun, with easy to learn low impact cardiovascular exercise, strength and stretching activities giving a whole body workout. The class varies and can use steps, resistance bands, weights, balls, abdominal exercises and stretching. A great class for beginners and the more senior participant. 55 minutes.

**RPM™** is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your

instructor takes you on a journey of hill climbs, sprints and flat riding scientifically developed and regularly tested to ensure excellent results. You control your own resistance levels and speed so you can build up your fitness level over time. If you want a true sense of achievement, get into a RPM class today. 50 minutes.

**BOXING:** A high intensity boxing circuit class that incorporates punching technique, pad work, skipping, running and abdominal work. Great for tone and overall conditioning. An excellent workout for all fitness levels. 55 minutes.

**HIIT:** A training session that has 100% effort through quick intense bursts of exercise followed by short active recovery periods. 30 Minutes

**ZUMBA** Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. 45 minutes.

**YOGA:** Designed to enhance vitality and a sense of well-being, the class provides all the classical hatha yoga postures including sun salutations as the central body of the class. It will have you moving with the breath while increasing your flexibility, strength and fitness. 55 minutes

**AQUA MOVERS** Aqua Aerobics designed for the more senior participant and beginners, set in a fun and sociable environment. Come along for anyreason, fitness, mobility, flexibility and strength but most of all fun!! 45 minutes.

**AQUA WORKOUT:** Aqua Aerobics suitable for all levels of fitness. You can have either an intense workout, or take it a little easier. Equipment may be used. This class is a Family Friendly class. Minimum age is 10 years and must be accompanied by an adult. 45 minutes.

**Please arrive well in advance of class start time. Once the music has started, entry is not permitted. Collect your ticket from reception and hand it to the instructor. Minimum age for participation in classes is 13 years old. Please advise instructor if you are pregnant or have an injury. Please do not attend any classes until you have had your 6 week checkup and clearance from your obstetrician.**

**\* Check in-centre or on the centre website for Public Holiday opening hours [cardinalaisure.com.au](http://cardinalaisure.com.au) and follow us on Facebook for all the latest updates.**