

GROUP FITNESS TIMETABLE

EFFECTIVE 13 JANUARY 2020

Cardinia
Life

GROUP FITNESS STUDIO

NEW CLASS – POWER YOGA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	V BODY PUMP (E)	V CX WORX	V BODY COMBAT (E)	STRENGTH 45 <small>NEW CLASS</small>	V BODY BALANCE (E)		
6.20am	V BODY BALANCE	V BODY COMBAT	V BODY PUMP		V BODY COMBAT		
7.20am	V CX WORX	V LES MILLS BARRE	V CX WORX	V BODY BALANCE (E)	V CX WORX		
8.00am	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	V LES MILLS BARRE	STRONG MOVERS	8.10AM BODY BALANCE	8.10AM V BODY BALANCE
9.00am	STRENGTH 30 <small>NEW CLASS</small>	V CX WORX	V BODY COMBAT (E)	V CX WORX	V BODY PUMP (E)		
9.35am	POWER YOGA <small>NEW CLASS</small>	BODY COMBAT	BODY PUMP	BOXING	PILATES	9.20AM BODY PUMP	9.20AM V BODY COMBAT
10.45am	BARRE	YOGA	PILATES	BODY BALANCE	TAI CHI <small>NEW TIME</small>	10.30AM V BODY COMBAT	10.30AM V LES MILLS BARRE
12.30pm		GENTLE MOVERS <small>NEW CLASS</small>					
2.40pm	V BODY BALANCE (E)	V CX WORX	V LES MILLS BARRE	V BODY COMBAT (E)	V BODY PUMP (E)	V LES MILLS BARRE	V CX WORX
3.15pm	V BODY COMBAT	V BODY BALANCE	V BODY PUMP	V CX WORX	V LES MILLS BARRE	V BODY BALANCE	V BODY PUMP
4.20pm	V LES MILLS BARRE	V BODY COMBAT	V BODY BALANCE	V BODY PUMP	V BODY BALANCE	V BODY PUMP	V BODY COMBAT
5.25pm	V BODY PUMP	V BODY BALANCE	V CX WORX	V BODY BALANCE	V BODY COMBAT	V CX WORX	V BODY BALANCE (E)
6.00pm			BOXING				
6.30pm	BOXING	BARRE		V BODY COMBAT	V BODY PUMP		
7.00pm	BODY BALANCE*		YOGA*	BODY BALANCE* <small>NEW CLASS</small>			
7.15pm			V BODY COMBAT				
7.30pm	ZUMBA	V BODY PUMP		BODY PUMP <small>NEW CLASS</small>	V BODY BALANCE		
8.30pm	V CX WORX	V BODY BALANCE (E)	V BODY PUMP (E)	V LES MILLS BARRE	V CX WORX		

V = VIRTUAL (E) = EXPRESS * = HELD IN CRECHE

AQUA (25M INDOOR POOL)

NEW CLASS – GENTLE AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA WORKOUT	
9.15am	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS		
12.30pm		GENTLE AQUA* <small>NEW CLASS</small>					
7.35pm		AQUA WORKOUT		AQUA WORKOUT			

= HELD IN PROGRAM POOL



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OPENING HOURS

Weekdays 5.30am–10pm

Weekends 8am–7pm

Gym open 24/7

Closed Good Friday and Christmas Day

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	V RPM (E)	COACH BY COLOUR <small>NEW CLASS</small>	V SPRINT	V RPM	V RPM (E)		
6.20am	V RPM		V RPM		V RPM		
7.15am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT		
8.15am	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	COACH BY COLOUR <small>NEW CLASS</small>	V RPM
9.30am	RPM	V RPM	COACH BY COLOUR	V RPM	RPM	V RPM	V RPM
10.45am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V SPRINT	V SPRINT
11.30am	V RPM (E)		V RPM (E)		V RPM (E)	V RPM (E)	V RPM (E)
2.15pm	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	V RPM	V RPM
3.15pm	V RPM (E)	V RPM	V RPM (E)	V RPM	V RPM (E)	V SPRINT	V SPRINT
4.15pm	V SPRINT	V RPM (E)	V SPRINT	V RPM (E)	V SPRINT	V RPM	V RPM
5.30pm	V RPM	V RPM	V RPM	V RPM	V RPM	V SPRINT	V SPRINT
6.30pm	V SPRINT	RPM	V SPRINT	COACH BY COLOUR <small>NEW TIME</small>	V SPRINT		
7.30pm	V RPM	V RPM	V RPM	V RPM	V RPM		
8.30pm	V RPM (E)	V SPRINT	V RPM (E)	V SPRINT	V RPM (E)		

V = VIRTUAL (E) = EXPRESS

CLASS DESCRIPTIONS

AQUA MOVERS (45 MINS)

A fun water-based class to improve mobility, flexibility and strength. Suitable for all fitness levels.

AQUA WORKOUT (45 MINS)

Water-based class with more energetic moves. Great workout without stress on your joints.

BARRE (45 MINS)

Low-impact class inspired by ballet. Use the barre and resistance bands to strengthen your core, glutes and legs.

BODY BALANCE (55 MINS)

A blend of yoga, tai chi and pilates to build flexibility and strength through structured poses and controlled breathing.

BODY COMBAT (55 MINS)

Inspired by martial arts, this is a high-energy non-contact cardio workout. Kick and punch your way to fitness!

BODY PUMP (55 MINS)

A strength and conditioning class that uses barbells and weight plates to target all muscle groups.

BOXING (55 MINS)

Improve your fitness in this circuit class that incorporates punching and focus pads. Great all body workout!

COACH BY COLOUR (50 MINS)

Suitable for ANY fitness level! Participants are led through five individualised intensity zones, ranging from very light to maximum effort, which are assigned colours.

CX WORX (30 MINS)

Dynamic training using resistance bands and weight plates to strengthen your core.

GENTLE AQUA (45 MINS)

Water-based class with modified low-impact exercises at an achievable pace. Suitable for beginners. Held in the program pool.

GENTLE MOVERS (45 MINS)

This class is low impact at an achievable pace. Improve balance, strength and fitness. Suitable for beginners.

LES MILLS BARRE (30 MINS)

A combination of cardio and strength without the traditional barre to support you. Designed to tone postural muscles and build core strength.

PILATES (55 MINS)

Develop core strength and stamina with a focus on posture, stability and flexibility.

POWER YOGA (55 MINS)

Build strength and flexibility with these dynamic sequences designed to energise and improve your fitness.

RPM (45-50 MINS)

An indoor cycle workout that delivers results with minimal impact. A fun and energetic class.

SPRINT (30 MINS)

High-Intensity Interval Training (HIIT) using an indoor bike. Combine bursts of intensity, where you work as hard as possible, with periods of rest to achieve results fast.

STRENGTH 30/45 (30/45 MINS)

This circuit-based class uses equipment and your body weight to improve your strength. Suitable for all fitness levels.

STRONG MOVERS (50-55 MINS)

This full-body workout will help improve your strength, fitness and mobility. Designed for older adults but suitable for all fitness levels.

TAI CHI (55 MINS)

A class that promotes balance and flexibility. Tai Chi can also help to improve circulation and is great for arthritis.

YOGA (55 MINS)

Enhance your sense of wellbeing. Poses in this class help to improve flexibility, balance and posture. Suitable for all levels.

ZUMBA (45 MINS)

This high-energy dance class features rhythms set to Latin beats.

V (VIRTUAL CLASS) Technology-based group fitness class displayed via a projector.
E (EXPRESS CLASS) 30 minute express version.

PLEASE NOTE:

- Class limits apply – participants must obtain a valid ticket from reception or the kiosk and provide to the instructor upon entry.
- As a courtesy and for safety reasons, participants will not be admitted after the class has commenced.
- Please advise the instructor prior to the class if you are injured, have a medical condition or are pregnant.
- Participants must be aged 16 years and over to attend Body Pump, Boxing and Strength 30/45.
- Minimum age is 12 years for all other group fitness classes.

Please visit our website cardinaleisure.com.au and follow us on Facebook for all the latest updates including public holiday timetables. Classes are subject to change depending on class numbers and instructor availability.