

# TIMETABLE

GROUP FITNESS
SPINNING
AQUACISE
30 30 MINUTES
 45 45 MINUTES
 60 60 MINUTES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.00am	6.00am  LES MILLS RPM (45)	5.50am  sprint (30)	6.00am  sprint (30)	5.50am  sprint (30)	6.00am  LES MILLS RPM (45)		
	6.00am  GRIT (30)	6.25am  LES MILLS BODYPUMP (30)	6.15am  AQUAHIIT (45)	6.25am  LES MILLS BODYPUMP (30)	6.00am  GRIT (30)		
	6.15am  AQUAHIIT (45)		6.35am  LES MILLS BODYPUMP (30)		6.15am  AQUAHIIT (45)		
	6.35am  LES MILLS CORE (30)				6.45am  LES MILLS BODYBALANCE (60)		
7.00am	7.00am  AQUAMOVE (45)	7.05am  LES MILLS BODYBALANCE (60)	7.00am  AQUAMOVE (45)	7.05am  LES MILLS BODYBALANCE (60)	7.05am  AQUAMOVE (45)	7.30am  LES MILLS RPM (60)	
	7.50am  AQUAMOVE (45)		7.50am  AQUAMOVE (45)		7.50am  AQUAMOVE (45)	8.00am  AQUAPOWER (30)	
9.00am	9.15am  LES MILLS BODYSTEP (45)	9.15am  LITTLE BRAIN GYM (60)	9.15am  LITTLE BRAIN GYM (60)	9.15am  LITTLE BRAIN GYM (60)	9.15am  LES MILLS BODYBALANCE (45)	9.15am  LES MILLS CORE (30)	9.00am  LES MILLS BODYPUMP (60)
		9.00am  AQUAREHAB (45)	9.15am  LES MILLS BODYBALANCE (60)	9.15am  LES MILLS RPM (45)	9.15pm  LES MILLS THE TRIP (45)	9.45am  LES MILLS BODYBALANCE (60)	
		9.15am  LES MILLS RPM (45)	9.15pm  LES MILLS THE TRIP (45)	9.15am  LES MILLS BODYPUMP (45)	10.00am  AQUAFIT (45)		
		9.15am  LES MILLS BODYPUMP (45)	10.00am  AQUAFIT (45)				
10.00am	10.00am  tone (45)	11.15am  EVOLVE (60)			11.15am  EVOLVE (60)		
	10.45am  PROST-FIT (45)						
	10.00am  AQUAFIT (45)						
12.00pm	12.15pm  REVOLUTION (45)	12.15pm  RIVAL (30)	12.15pm  LES MILLS sprint (30)	12.15pm  RIVAL (30)	12.15pm  REVOLUTION (45)	12.15pm  LES MILLS BODYCOMBAT (45)	12.15pm  LES MILLS BODYCOMBAT (45)
	12.15pm  LES MILLS sprint (30)		12.15pm  AQUAFIT (45)		12.15pm  LES MILLS sprint (30)		
	12.15pm  AQUAFIT (45)				12.15pm  AQUAFIT (45)		
3.00pm	3.30pm  LES MILLS THE TRIP (45)	3.30pm  LES MILLS THE TRIP (45)	3.30pm  LES MILLS THE TRIP (45)	3.30pm  LES MILLS THE TRIP (45)	3.30pm  LES MILLS THE TRIP (45)	3.30pm  LES MILLS THE TRIP (45)	3.30pm  LES MILLS THE TRIP (45)
4.00pm	5.30pm  YOGA (60)	5.30pm  REVOLUTION (45)	5.30pm  LES MILLS BODYATTACK (30)	5.30pm  YOGA (60)	5.30am  LES MILLS BODYPUMP (30)	5.30pm  LES MILLS BODYCOMBAT (45)	4.00pm  LES MILLS GRIT (30)
	5.30pm  LES MILLS GRIT (30)		5.30pm  LES MILLS sprint (45)	5.30pm  REVOLUTION (45)			4.30pm  LES MILLS BODYSTEP (60)
	5.30pm  LES MILLS RPM (45)						
6.00pm	6.00pm  LES MILLS CORE (30)	6.30am  LES MILLS BODYPUMP (60)	6.00pm  LES MILLS CORE (30)	6.00pm  AQUAHIIT (45)			
	6.00pm  AQUAHIIT (45)		6.30pm  LES MILLS BODYPUMP (30)	6.30pm  LES MILLS BODYPUMP (60)			
	6.30pm  LES MILLS BODYPUMP (30)						
7.00pm	7.00pm  AQUABOARDS (30)	7.00pm  SPINNING (60)	7.00pm  LES MILLS BODYBALANCE (60)	7.00pm  AQUABOARDS (30)	7.00pm  LES MILLS THE TRIP (45)		
	7.00pm  LES MILLS BODYBALANCE (60)	7.00pm  AQUAPOWER (30)	7.00pm  LES MILLS THE TRIP (45)	7.00pm  SPINNING (45)			
	7.00pm  LES MILLS THE TRIP (45)			7.45pm  SPINNING (45)			

# CLASS DESCRIPTIONS

## GROUP FIT CLASS

### EVOLVE

**EVOLVE** - A live stronger Accredited strength and balance class. Open to all ages, experiences and abilities. **Beginner**

### LITTLE BRAIN GYM

Community Room

**LITTLE BRAIN GYM** - is a chance for kids to learn through play, music and fun. While this class is running it gives the parent/caregiver a chance to swim, catch a class or do a workout. Only rules is the parent/caregiver must stay in the facility. **Beginner**

### YOGA

Community Room

**YOGA** - This class provides you with the chance to become stronger and more flexible, it gives you a chance to have control over your breathe and slow your mind. **Beginner/Intermediate**

### LES MILLS BODYBALANCE

**Les Mills BODYBALANCE** - is the Yoga, Tai Chi, Pilates workout that will leave you feeling centred and calm. With controlled breathing, concentration and a carefully structured series of stretches, moves and poses, you'll build strength and flexibility as you create a holistic workout, bringing the body into a state of harmony and balance. **Beginner/Intermediate**

### tone

**Les Mills Tone** - is an all-in-one functional fitness mix designed to break down barriers and give you the freedom to work out your way. **Beginner/Intermediate**

### LES MILLS BODYPUMP

**Les Mills BODYPUMP** - is the original barbell class that shapes, tones and strengthens your entire body. This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. **Beginner/Intermediate**

### CORE

**Les Mills CORE** - Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. **Intermediate**

### LES MILLS BODYCOMBAT

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**Les Mills BODYCOMBAT** - This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. **Intermediate.** BODYCOMBAT, also available as a virtual workout.

### LES MILLS BODYSTEP

**Les Mills BODYSTEP** - Using a height-adjustable step and simple movements on, over and around the step, BODYSTEP delivers huge motivation. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. **Intermediate**

### LES MILLS BODYATTACK

**Les Mills BODYATTACK** - is a high-intensity cardio workout designed to build strength and stamina. This high-energy class combines sports-inspired athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate you towards attacking your fitness goals - from the weekend athlete to the hard-core competitor. **Intermediate**

### LES MILLS GRIT STRENGTH

**Les Mills GRIT Strength** - is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast. **Experienced**

### LES MILLS GRIT CARDIO

**Les Mills GRIT Cardio** - Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute team training session combines high impact body weight exercises and uses no equipment. Led by a highly-trained coach, LES MILLS GRIT® Cardio provides the challenge and intensity you need to take your training up a notch and really get results. **Experienced**

### RIVAL

**RIVAL** - High-intensity interval training, every exercise can be adjusted to suit your fitness levels. Work as a team to become stronger and fitter. **Experienced**

### REVOLUTION

**REVOLUTION** - Training alternates short, high intensity bursts of activity with periods of rest and recovery in between. Revolution training uses the body's two energy-producing systems: the aerobic and the anaerobic. This allows you to work more in a shorter period of time and it's much more comfortable than spending the entire workout at a high intensity. The key is to create workouts that fit what you can handle and what you want from your workouts.

### PROST-FIT

**PROST-FIT CLASS** description added - Prost-fit is designed specifically for men living with prostate cancer, at any stage of diagnosis or treatment. Research has shown there are significant benefits gained from exercise that may both assist with recovery and delay advance of the disease. Involving both physical and cognitive elements, delivered in a supportive environment with an emphasis on fun and social interaction, Prost-FIT also offers camaraderie and opportunities for shared experiences. Prost-FIT is accredited by the Prostate Cancer Foundation NZ (PCFNZ) and delivered by trained registered exercise professionals.

## SPINNING CLASS

### LES MILLS RPM

**Les Mills RPM** - is the indoor cycling workout where you discover your athlete within. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

### SPINNING

**SPIN** - Ride it like you own it. This class develops your cardio fitness plus your strength, all on a bike. You have control of your workout through the dial and the speed of your legs, as your instructor talks you through a combination of speed and hill tracks.

### EXTREME SPIN

**EXTREME SPIN** - Ride it like you own it but this time for 1.5hours. This class is to develop your endurance for those long bike rides. You have control of your workout through the dial and the speed of your legs, as your instructor talks you through a combination of speed and hill tracks.

### LES MILLS SPRINT

**SPRINT** - 30 minute HIIT on a bike. It's built on the sport of cycle sprinting, which means you will be taking your training to the next level with a workout that's all about speed.

### LES MILLS THE TRIP

**THE TRIP™** - is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. This IMMERSIVE FITNESS™ workout takes motivation and energy output to the next level, burning serious calories.

## AQUACISE CLASS

### AQUAMOVE

**AQUAMOVE** - This is a deep water class designed for the more mature client, injury rehabilitation or pregnancy. Increases general mobility and flexibility as well as cardiovascular fitness.

### AQUAFIT

**AQUAFIT** - This workout enhances co-ordination, cardiovascular fitness, general fitness and muscle toning. This combination of shallow and deep water class is ideal for beginners through to the advanced.

### AQUAHIIT

**AQUAHIIT** - A combination of deep and shallow water class. AQUAHIIT is a great cross training alternative using a variety of methods from interval training to circuits.

### AQUAPOWER

**AQUAPOWER** - This is a high intensity exercise blast taking place in the shallow end of the main pool. A high level, 30 minute power class.

### AQUABOARDS

**AQUABOARDS** - Involves a mixture of high intensity and yoga-inspired exercises. Unlike traditional bodyweight workouts on dry land, participants have to complete the exercises while also balancing their weight on the boards. This targets core and stabilising muscles which helps with posture, balance and coordination.

### AQUAREHAB

**AQUAREHAB** - Held in the hydrotherapy pool. Led by our expert therapist who will guide you through your injury rehabilitation. Medical or physio clearance is advised. (This class does not run in the school holiday and subject to instructor availability).

### ROOM CLASSES

- Group Fitness classes and spin classes are held in the fitness room.
- Little Brain Gym and Yoga are held in the Community room.
- Bodycombat and The Trip are available as a virtual class workout.

Classes are subject to change. Circumstances may occur where a class will be changed or cancelled, when this happens the EA Networks Centre will make every effort to publicly advise of any changes as soon possible.