

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10am			 Kerry		 Kerry		
8:00am	FIT 4 LIFE Heather 	FIT 4 LIFE Dave 	FIT 4 LIFE Dave 		FIT 4 LIFE Dave 	SPIN 8.10am Dale 	
9.20am	HIIT - Cardio Heather 	X-TRAIN Sharron 	BOXING Krystal 	X-TRAIN Sharron 	HIIT - Strength Krystal 	Leah 	9:00am Dale 
10:30am	FIT 4 LIFE Dave 	FIT 4 LIFE Dave 	STRENGTH FOR LIFE Dave 	Heather 	STRENGTH FOR LIFE Dave 		
4:00pm	TEEN GYM Dave 		TEEN GYM Heather 				
6:10pm	 SPIN Dale	Dale 	Heather 	Dale 			
7:10pm	 BOXING Krystal (45 Minute)			SPIN - Dale 			

For updates on group fitness see:



Adelaide Hills Recreation
Centre

<https://www.adelaidehillsrc.com.au/>

Or call

08 8391 0222



Body Pump

is a barbell class which gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.



Body Balance

An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.



Spin

is a group indoor cycling workout where you control the intensity, it's fun, low impact and burns loads of calories. With great music pumping and the group riding as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You repeatedly reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance.

GROUP FITNESS CLASS TIMETABLE



Boxing

develops your core strength with boxing techniques and drills. This high energy, whole body cardio and strength workout will also improve your endurance, co-ordination and stamina. Our supportive and encouraging instructors makes this class fun and empower you to build confidence within yourself.



Strength for Life

promotes health and well-being through strength and balance training programs for over 50s. All sessions are facilitated by a qualified fitness instructor.



Teen Gym

A supervised time slot for those aged 13-16. Teen Gym aims to guide and educate teens on the impact and importance of keeping a fit and building a healthy lifestyle. Incorporating body weight, cardio/ high intensity training, boxing, compound movements (on cable-based machines), light weights and high reps, core strength and balance. Each individual will have their own program with regular fitness challenges to encourage participants to progress.



X-Train

(or Cross Train) refers to using a variety of training styles to focus on different components of fitness. X-Train combines weights, cardio to develop overall strength and fitness. This type of fitness training uses varied workouts and specific movements to target different muscle groups and is suitable for participants of almost all ages and abilities, from grandparents to elite athletes.



H.I.I.T

High Intensity Interval

Training uses repeated exercises with brief recovery periods for a full body workout. HIIT can be tailored to suit any fitness level. Challenge and tone your body while improving your fitness and endurance. Monday focuses on Cardio, Friday: Strength focused



Fit 4 Life



Cardio group fitness class involving stretching and flexibility, FIT 4 LIFE involves strengthening aerobic exercise. With a highly qualified instructor, these classes are perfect for Older Adults and any entry-level participants returning to the fitness.