





























Adelaide Hills Recreation Centre

Group Fitness Timetable

Active from 01/04/2024

Weekday Timetable

Gym open 6am – 8pm

	Monday	Tuesday	Wednesday	Thursday	Friday
6.10am			 Strength Circuit Mim		
8am	 STRENGTH FOR LIFE Heather	 STRENGTH FOR LIFE Ryan	 STRENGTH FOR LIFE Ryan		 STRENGTH FOR LIFE Jacob
9.20am	 BOXING Heather	 X-TRAIN Sharron	 HIIT - Cardio Ryan	 X-TRAIN Sharron	 HIIT CIRCUIT Jacob
10.30am	 STRENGTH FOR LIFE Ryan	 STRENGTH FOR LIFE Ryan  Spin "n" Core (50 minute) Krystal	 STRENGTH FOR LIFE Ryan	BODYBALANCE Heather 	 STRENGTH FOR LIFE Ryan
12pm	 MID-DAY MOVERS Jacob				
1pm	 MID-DAY MOVERS Jacob			 MID-DAY MOVERS Ryan	
4pm	 TEEN GYM Dale		 TEEN GYM Heather		
6.10pm	 SPIN Dale	BODYPUMP Dale 	BODYBALANCE Heather 	BODYPUMP 6 pm - Dale 	
7.10pm				 SPIN Dale	

Weekend Timetable

Gym open 8am – 12noon

Saturday		Sunday	
8.15am	 SPIN Dale	8.45am	 BODYPUMP Dale
10.00am		10am	 YOGA Sarah

To stay updated with centre programs and events by following:



















Adelaide Hills Recreation Centre



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



Or call 08 8391 022

 BODYPUMP	<p>A barbell class which gives 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.</p>
 BODYBALANCE	<p>A mixture of Tai Chi, Yoga, Pilates, body weight exercises and stretches. 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 refreshed.</p> 
 BOXING	<p>Develop 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 instructors make this class fun and empower you to build confidence within yourself.</p>
 TEEN GYM	<p>A supervised time slot for those aged 12-16. Teen Gym aims to guide and educate teens on the impact and importance of keeping active and building a healthy lifestyle. Incorporating body weight, cardio/ high intensity training, boxing, compound movements (on cable-based machines), core strength and balance. Everyone will have their own program with regular fitness challenges to encourage participation.</p> 
 SPIN SPIN "N" Core	<p>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.</p>  <p>Still achieve low impact cardio with the bonus of the addition of core components through the class.</p>
 X-TRAIN	<p>(Cross Train) refers to incorporating a variety of training styles. X-Train combines weights and 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.</p>
 STRENGTH CIRCUIT	<p>Strength circuit is the perfect combination of strength and endurance training. Rotating through various exercises targeting different muscle groups the whole body will have a great workout. No prior experience needed, your instructor will teach and encourage challenges for all fitness levels.</p>
 YOGA	<p>Realign and connect your mind and body with this all-levels yoga flow. Focusing on toning, strengthening and relaxation. Connecting body and breath with use of breathing, mindful movement and meditation exercises.</p> 
 HIIT CARDIO	<p>HIIT Cardio will get your heart pumping! Working through timed intervals your instructor will challenge you to challenge yourself. This class is NOT focused on running but a variety of ways to bring the heart rate up. Each exercise will have options available for low impact options when needed. Though the year session is located in the Group fitness space, Court, gymnastics floor and outside. Reception will direct you to the class on the day.</p> 
 STRENGTH FOR LIFE	<p>Strength for Life combines strength, balance, stretching and flexibility. With a highly qualified instructor, these classes are perfect for Older Adults and any entry-level participants returning to the fitness. Please note: each participant will need to complete forms and an induction before joining a session. Please speak to our friendly staff to organise a time that suites you.</p>
 MID-DAY MOVERS	<p>Our Mid-day Movers is a initiative to encourage all community members to participate in physical activity. These supervised sessions aim to build heart health and good day to day habits.</p> <p>In this time you will participate in a dynamic warm up as a group, have the opportunity to use our gym equipment and be guided through a variety of free weight exercises if you wish.</p> <p>This is a self-paced session that allows you to workout your way.</p>