

# GROUP FITNESS TIMETABLE



ADELAIDE HILLS  
RECREATION CENTRE

Effective Monday 13<sup>th</sup> January 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am							
8:00am	FIT 4 LIFE 	FIT 4 LIFE 	FIT 4 LIFE 		FIT 4 LIFE 	SPIN (8.15am) 	
9:20am	HIIT Strength 	X-TRAIN 	BOXING 	X-TRAIN 	LES MILLS BODYPUMP 	LES MILLS BODYBALANCE 	9:00AM  45minutes
			LES MILLS BODYPUMP 	LES MILLS BODYBALANCE 			
10:30am	FIT 4 LIFE 		STRENGTH FOR LIFE 		STRENGTH FOR LIFE 		
4:30pm	4:00PM TEEN GYM 		TEEN GYM 	TEEN GYM 			
6:10pm	SPIN 50 minutes 	SPIN 50 minutes 				For updates on group fitness see: Adelaide Hills Recreation Centre Or call 08 8391 0222 adelaidehillsrc@belgravialeisure.com.au	
7:10pm	BOXING 	LES MILLS BODYPUMP 	LES MILLS BODYBALANCE 	SPIN 50 minutes 			

# GROUP FITNESS TIMETABLE

## CLASS DESCRIPTION:



### 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.



### Boxing

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 and encouraging instructors makes this class fun and empower you to build confidence within yourself.



**X-train** is an exercise class that combines weights, cardio and interval training 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.



### 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.



### HIIT Strength and Cardio:

high intensity interval training which 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.



**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.



### 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 seniors and for entry-level participants just returning to the fitness.



### 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.