

Timetable

Class Descriptions

Monday 7th June - 31st July 2010

Effective Date:

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.05am	Body Pump		Body Pump		6.15am Stretchercise	8.15am	
6.15am	7am SPIN	Circuit		Circuit	SPIN	Outdoor Training	
8.30am	Tai Chi					Body Jam	SPIN
8.40am						SPIN	
9.30am		Body Attack	Circuit DWR	Body Combo	Body Combat	Body Attack Circuit Pilates DWR	9.20am Body Step
9.40am			SPIN				
10.30am	10am Aquacise Body Pump	Body Vive	Body Jam	Body Balance	Body Pump	Body Pump	Body Pump
10.40am		SPIN					
11.30am		Belly Fit Mums*				Body Vive	Body Balance
PM							
5.00pm	Intro step **		Intro Pump**				4.30pm Body Combat
5.30pm	Body Step		Body Pump	Body Attack	New Zumba		
6.00pm	Fab Abs	Fab Abs	Fab Abs	Hard Core	DWR		
6.30pm	Circuit Body Pump Aqua Natal *	Circuit Body Jam SPIN	Circuit Body Combat Pilates	SUPER Circuit Body Pump	Body Balance		
7.00pm	Boxercise Yoga SPIN		Boxercise	6.45pm Aqua Natal*			
7.15pm	Extreme Aqua	Aquacise					
7.30pm	Body Attack	Body Balance	Body Pump DWR Yoga	Aquacise 7.40pm SPIN			

Group Timetable Classes

SPIN – ALL LEVELS (45 MINS)
Indoor cycle program. Cardio style workout with an option for controlling your own individual workload.

BODY PUMP – ALL LEVELS
Body sculpting barbell class will change the shape of your body.

INTRO PUMP **
A must for all new participants. 20 min class.
(Run on the first Wednesday of each month)

BODY COMBAT – ALL LEVELS
Combines martial arts with energetic music to give you an intense workout.

BODY ATTACK – INTERMEDIATE/ADVANCED
A high intensity class with non-dancy easy to follow moves to make you fit!

BODY BALANCE – ALL LEVELS
A holistic fitness program combining yoga, tai chi and pilates.

BODY COMBO – ALL LEVELS
Combines your favourite resistance and cardio based classes into one.

BODY JAM – ALL LEVELS
Groove class with dance and aerobics moves.

BODY STEP – ALL LEVELS
Cardiovascular program using a height adjustable step.

INTRO STEP **
A must for all new participants. 20 min class.
(Run on the first Monday of each month)

HARD CORE – INTERMEDIATE
Challenging core and abdominal workout using Swiss ball. 20 min class.

BELLY FIT MUMS – ALL LEVELS
Pre and Post Natal class focusing on core strength, balance and body tone.

BODY VIVE
An accessible, multi-discipline workout with a retro beat designed for mature members and first timers.

NEW ZUMBA
Fun Latin Rhythms with easy to follow moves

Timetable available at www.wavesleisurecentre.com.au

* Medical clearance necessary