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MORNING	8.10am <b>SPIN</b> Lisa	6.10am <b>LES MILLS BODYSTEP</b> Anna-Maria, Emma-Jean, Lisa	6.10am <b>LES MILLS BODYPUMP</b> Anna-Maria	6.10am <b>LES MILLS RPM</b> Anna-Maria, Nick, Peter	6.10am <b>LES MILLS BODYPUMP</b> Danielle
	9.10am <b>LES MILLS CXWORX</b> Danielle	7.10am <b>LES MILLS GRIT STRENGTH</b> Anna-Maria	7.10am <b>LES MILLS BODYBALANCE</b> Anna-Maria	7.10am <b>MAT PILATES</b> Lyndie	7.10am <b>LES MILLS BODYBALANCE</b> Emma-Jean
	9.45am <b>LES MILLS BODYSTEP</b> Hannah		8.15am <b>SENIOR CIRCUIT</b> Hannah		8.15am <b>ZUMBA gold</b> Emma-Jean
	10.50am <b>LES MILLS BODYATTACK</b> Michelle C	9.30am <b>LES MILLS RPM</b> Yvette	9.30am <b>LES MILLS BODYPUMP</b> Nadine	9.30am <b>LES MILLS GRIT STRENGTH</b> Anna-Maria	9.30am <b>LES MILLS BODYSTEP</b> Anna-Maria & Hannah
	10.35am <b>LES MILLS BODYBALANCE</b> Anna-Maria	10.35am <b>YOGA</b> Ali	10.05am <b>LES MILLS CXWORX</b> Danielle	10.35am <b>LES MILLS RPM</b> Nadine	
AFTERNOON	4.00pm <b>LES MILLS BODYPUMP</b> Peter	12.45pm <b>BOXING (45)</b> Danielle	12.15pm <b>LES MILLS RPM EXPRESS</b> Nadine	12.15pm <b>MAT PILATES</b> Lyndie	12.15pm <b>LES MILLS BODYPUMP EXPRESS</b> Peter
		4.30pm <b>LES MILLS GRIT STRENGTH</b> Danielle	12.45pm <b>LES MILLS CXWORX</b> Nadine		1.05pm <b>LES MILLS GRIT PLYO</b> Danielle
		5.00pm <b>LES MILLS CXWORX</b> Danielle	4.30pm <b>LES MILLS BODYPUMP</b> Tanya	4.30pm <b>LES MILLS RPM</b> Kelliann, Nadine, Danielle	4.30pm <b>YOGA</b> Ali
		5.35pm <b>LES MILLS BODYATTACK</b> Nadia	5.35pm <b>LES MILLS GRIT PLYO</b> Danielle	5.20pm <b>LES MILLS CXWORX</b> Rachel	
EVENING	6.40pm <b>LES MILLS BODYPUMP</b> Lisa		6.10pm <b>MAT PILATES</b> Lyndie	5.55pm <b>LES MILLS BODYSTEP</b> Hannah	5.35pm <b>SPIN</b> Michelle G



Doone Kennedy  
**HOBART  
AQUATIC  
CENTRE**

## GROUP FITNESS TIMETABLE WEEK ENDING SUNDAY 18<sup>TH</sup> JUNE 2017

Time of Day	Saturday 17/06 8.00am-6.00pm	Sunday 18/06 8.00am-6.00pm
MORNING	8.10am <b>SPIN</b> Tanya	9.10am <b>SPIN</b> Rachel
	9.10am <b>LES MILLS CXWORX</b> Nadia	
	9.45am <b>LES MILLS BODYSTEP</b> Emma-Jean	10.10am <b>LES MILLS BODYPUMP</b> Peter
	10.50am <b>MAT PILATES</b> Lyndie	11.15am <b>LES MILLS GRIT CARDIO</b> Peter & Nadine
AFTERNOON	12.00pm <b>TRX</b> Suspension Training® Nadia	4.00pm <b>LES MILLS BODYBALANCE</b> Emma-Jean & Hannah
	4.00pm <b>LES MILLS BODYPUMP</b> Peter	

CLASS NAME	DURATION	CLASS DESCRIPTION			
		CXWORX® is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body. CXWORX® will leave you looking good and feeling strong.			
					GRIT™ is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super fast. The short sharp demanding exercises combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.
		BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it... eventually.			
				RPM™ is a 45 minute indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.	
				BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor.	
				BODYPUMP® is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!	
		BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.			
		We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.			
		The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.			
		Using a suspension trainer to adapt a range of bodyweight exercises to suit your fitness and strength in an interval style class working all your major muscle groups. This class is great for building strength, in particular core strength.			
SPIN		Stationary Indoor cycling work-out designed to increase cardiovascular fitness and endurance, burn fat and tone the legs and butt.			
KETTLEBELL FUSION		A combination class of Kettlebells and bodyweight conditioning exercises utilising a step that finishes with a foam roller cool down.			
MAT PILATES		Pilates will enhance postural alignment, coordination, strength and flexibility. Bookings are required for shaded classes.			
YOGA		Lengthen, strengthen, and rejuvenate your body, mind, and spirit with a combination of traditional Hatha, Vinyasa, and Yin Yoga. You will walk away feeling restored and released. Suitable for beginners through to advanced.			
SENIOR CIRCUIT		A class designed for older adults. Mixing some easy-going aerobic style exercises with functional training to keep you fit and strong and improve bone density.			
*Red Flags		We are now operating a system whereby classes with low attendance will be highlighted by a red flag on the roster. This flag is designed to generate new support for the class and to boost attendances, giving members the opportunity to keep the classes they truly enjoy. Where attendances remain under 30% of capacity for a 6 week period, classes may be removed, or formats changed. We welcome suggestions for changes or new formats for the replacement classes. Feedback can be delivered in person to the gym staff or by email to <a href="mailto:dkhacgyminstructors@hobartcity.com.au">dkhacgyminstructors@hobartcity.com.au</a>			