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MORNING	6.10am SPIN Michelle C	6.10am LES MILLS BODYSTEP Anna-Maria	6.10am LES MILLS BODYPUMP Anna-Maria	6.10am LES MILLS RPM Danielle	6.10am LES MILLS BODYPUMP Emma-Jean
	7.10am MAT PILATES Lyndie	7.10am LES MILLS GRIT STRENGTH Danielle	7.10am LES MILLS BODYBALANCE Hannah	7.10am MAT PILATES Lyndie	7.10am LES MILLS BODYBALANCE Emma-Jean
	8.15am SENIOR CIRCUIT Danielle		8.15am SENIOR CIRCUIT Anna-Maria		8.15am ZUMBA gold Emma-Jean
	9.30am LES MILLS BODYPUMP Anna-Maria	9.30am LES MILLS RPM Yvette	9.30am LES MILLS BODYPUMP Nadine	9.30am LES MILLS GRIT STRENGTH Anna-Maria	9.30am LES MILLS BODYSTEP Anna-Maria
	10.35am LES MILLS BODYBALANCE Anna-Maria	10.35am YOGA Ali	10.05am LES MILLS CXWORX Danielle	10.35am LES MILLS RPM Nadine	
AFTERNOON	12.15pm LES MILLS GRIT STRENGTH Anna-Maria	12.45pm BOXING (45) Danielle	12.15pm LES MILLS RPM EXPRESS Nadine	12.15pm MAT PILATES Lyndie	12.15pm LES MILLS BODYPUMP EXPRESS Michelle C
	12.45pm LES MILLS CXWORX Anna-Maria		12.45pm LES MILLS CXWORX Nadine		1.05pm LES MILLS GRIT PLYO Danielle
	4.30pm LES MILLS BODYSTEP Lisa	4.30pm LES MILLS GRIT STRENGTH Peter	4.30pm LES MILLS BODYPUMP Danielle	4.30pm SPIN Michelle G	4.30pm YOGA Ali
EVENING	5.35pm LES MILLS BODYPUMP Lisa	5.35pm LES MILLS BODYATTACK Prue	5.35pm LES MILLS GRIT PLYO Lisa	5.20pm LES MILLS CXWORX Rachel	5.35pm LES MILLS RPM Kelliann
	6.40pm SPIN Yvette	6.40pm LES MILLS BODYPUMP Lisa	6.10pm MAT PILATES Lyndie	5.55pm LES MILLS BODYSTEP Hannah	



Doone Kennedy
**HOBART
AQUATIC
CENTRE**

GROUP FITNESS TIMETABLE
WEEK ENDING
SUNDAY 25TH JUNE 2017

Time of Day	Saturday 24/06 8.00am-6.00pm	Sunday 25/06 8.00am-6.00pm
MORNING	8.10am LES MILLS RPM Danielle	9.10am SPIN Lisa
	9.10am LES MILLS CXWORX Danielle	
	9.45am LES MILLS BODYSTEP Emma-Jean	10.10am LES MILLS BODYPUMP Michelle C
AFTERNOON	10.50am MAT PILATES Lyndie	11.15am LES MILLS GRIT CARDIO Peter
	12.00pm TRX Suspension Training Danielle	4.00pm LES MILLS BODYBALANCE Hannah
	4.00pm LES MILLS BODYPUMP 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 dkhacgyminstructors@hobartcity.com.au			