

Class Descriptions

All classes cater for participants from beginner to advanced.

ABT Blast

Abs, Butts and Thighs is an intensive 30 minute low impact class that aims to shape, firm and tone the lower body. This class is ideal for beginners to advanced participants.

Aqua Hi-Low and Deep Water Aerobics

Aqua aerobic classes are designed to cater for all fitness levels and ages. It's a great cardiovascular and muscle toning class without the impact on our joints. You will improve core strength whilst strengthening all major muscle groups.

Aqua Arthritic

Conducted in the Hydrotherapy Pool this class is specially designed for the fragile or people that suffer any arthritic symptoms. A gentle workout in the warm soothing surrounds.

Body Pump

A total body sculpting, high repetition, muscular endurance, fat burning, weight workout accompanied by highly motivating music. Suitable for all levels of fitness - you work at your own level.

Body Step

This class will challenge the fittest member and is easy to follow for the beginner. Using a platform to step up and down, the combination of upper body and floor exercises will leave you feeling trimmed, toned and terrific!

Body Combat

This class offers a variety of options which allow you to work at your own level. Body Combat combines elements of traditional martial arts including Tai Chi, Karate and Kick Boxing to give you a great, total body workout.

Body Balance

A Yoga influenced, pre-choreographed exercise program set to uplifting music. Combination of free flowing moves. Focus is placed on improving strength, Flexibility and relaxation.

Body Jam

Body Jam is the ultimate groove class. An addictive melting pot of dance and aerobics moves blended with the latest and greatest sounds of hip hop, funk and Latin American music. You will have so much fun you won't even realise you are working out.

Body Vive

Full body workout that leaves you feeling invigorated, rejuvenated and energised. Using the Vive ball and Vive tube this aerobics class includes cardio exercise, resistance work, core training, mobility and balance. Great music from the 70s, 80s, 90s and today. Perfect for beginners, new to exercise or older people.

Over 50s Group Fitness Classes

Enjoy a variety of fitness classes that target the over 50 age group and enable all participants to have a great workout in a friendly and comfortable environment.

Pilates

Improve your posture and strengthen the core muscles that help to stabilise your body. The class will also help you to improve your circulation, flexibility and muscle tone.

RPM

An awesome and powerful indoor cycling class which is fantastic for shaping and toning the lower body and will dramatically increase your fitness levels. This is perfect for the beginner to advanced as the ride is totally controlled by you, via a resistance gauge. Bookings are essential.

Cycle Xpress

An express 20 minute cycling class, with continuous intervals of eight second sprints and 12 seconds normal peddling. Burns fat three times faster than many regular 40 minute exercise sessions.

THUMP - Boxing for Fitness

Boxing for fitness is a non-choreographed program that is easy to follow and suited to a variety of participants. The moves are low impact on joints but with high intensity. Great for overall fitness improvement, weight loss and sports specific training.

Yoga

Hatha yoga a medium paced, holistic yoga class with emphasis on awareness, alignment and balance. Simple breathing techniques are included in the practice and the class finishes with a guided deep relaxation. Suitable for everyone.

Gym and Group Fitness Memberships include: Body Pump, Body Step, Body Combat, Body Balance, Body Jam, Body Vive, ABT, Aqua Aerobics and Cycle Xpress. Members access fee of \$3.00 applies to the specialise classes below.

Gym and Group Fitness PLUS Memberships include: Classes listed above and specialised classes such as Thump, Pilates, Yoga and RPM.

Casual Group Fitness Admission \$11.80 and \$7.40 for an Over 50s Class, ABT Blast and Cycle Xpress.

AQUAMOVES

Spring

Group Fitness Timetable

effective 7 September 2009



One of the largest group fitness timetables in Victoria!

Aquamoves Timetable effective 7 December 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	BodyPump	BodyStep	Body Pump	THUMP	BodyPump		
9.15am	BodyPump	BodyStep	Body Combat	BodyPump	● Body-Jam		
9.30am						Body Combat ● Outdoor THUMP	BodyStep
10.15am	ABT Blast	THUMP	Over 50s BodyPump	Body Step	Over 50s BodyVive		
10.30am						BodyPump	
11.15am	Over 50s Body Balance	Over 50s BodyVive					
12.15pm		BodyPump		THUMP			
4.00pm						BodyPump	
5.30pm	Body Step	Body Combat	BodyPump	Body Step	THUMP		
6.30pm	BodyPump	BodyPump	BodyVive	BodyPump			

Aquamoves Timetable effective 7 December 2009



Cycling Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am	RPM	RPM	RPM	RPM	RPM	
9:00am						RPM
9:15am			RPM		RPM	
10:15am	RPM					
12:15pm	RPM		RPM		RPM	
5.00pm	<i>Cycle Xpress</i>		<i>Cycle Xpress</i>			
5:30pm		RPM		RPM	RPM	
6:00pm	RPM		RPM			
6.30pm		RPM				

Studio Two

Studio One

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am						Yoga	
10.30am							Body Balance
11.15am			Pilates	Body Balance	Pilates		
5.00 pm		ABT Blast		ABT Blast			
6.00pm	BodyVive	THUMP					
6.30pm			BodyJam BodyVive	Pilates			
7.30pm	Body Balance	Pilates	Body Balance				

 Flag indicates that the attendance for the class is well below the target attendance. This class may be at risk of change if the attendances do not increase.
 Circle indicates class is at risk of falling below the target attendances.

Aqua Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:15am		Deep Water Running		Deep Water Running		
9:15am	Aqua Hi-Lo	Deep Water Running	Aqua Hi-Lo	Aqua Hi-Lo	Deep Water Running	
9:30am			<i>Aqua Arthritic</i>			Aqua Hi-Lo
10:30am	<i>Aqua Arthritic</i>		<i>Aqua Arthritic</i>		● <i>Aqua Arthritic</i>	
7:30pm		Deep Water Running				