



Group Fitness Timetable

TIMETABLE EFFECTIVE FROM
MONDAY 4TH MARCH

TIME	MON	TUES	WED	THU	FRI	SAT	SUN
6.15am	VIRTUAL SPRINT 30 BODYBALANCE	RPM	BODYBALANCE 45	BODYPUMP 45	VIRTUAL SPRINT 30 PILATES		
8.15am						VIRTUAL SPRINT 30	
9.15am	BODYPUMP	BODYSTEP	CHAIR YOGA		VINYASA YOGA	BODY ATTACK 45	
9.30am				TABATA 30			BODYPUMP EXPRESS 30
10.00am				RPM		BODYPUMP	CXWORX
10.15am	PILATES RPM	BODYBALANCE	VINYASA YOGA	BODYBALANCE			
10.30am							ZUMBA
11.30am	ACTIVE ADULTS	BOXING	BODYPUMP	ACTIVE ADULTS		BODYBALANCE	
5.00pm							YOGA
5.30pm	BODYATTACK	ZUMBA	RPM YOGA	BODYPUMP			
6.00pm					BODY COMBAT		
6.30pm	BODYPUMP	BODYSTEP	ZUMBA RPM	BODYATTACK			
7.00pm	RPM						
7.30pm	VINYASA YOGA	VIRTUAL SPRINT 30 BODYPUMP	CXWORX	VIRTUAL SPRINT 30 PILATES	FULL MOON MEDITATION 3rd Friday of the Month		
8.00pm			BODYBALANCE				

Please note: Please arrive 5 minutes before class begins. For safety, no entry after warm up. Don't forget to bring a towel.
New participants, injuries, pregnancy? If you are a new participant, have injuries, are pregnant or have other special concerns, please arrive 5 minutes early and advise your instructor before class commences. They can make variations for your special needs.
For any questions please contact us: 563A Pascoe Vale Road, Oak Park, Vic 3046
Phone: 8311 4600 **Email:** oakparkleisure@activemoreland.com.au

Group Fitness Activities

Active Adults

Active Adults is a land based class to music designed to increase muscular endurance, strength and flexibility. Specifically designed for people over 50 years of age, but all welcome.

Body Attack

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.

Body Balance

BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

Body Combat

BODYCOMBAT® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide variety of disciplines such as Karate, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch, kick and kata your way through calories to release your inner warrior.

Body Pump

BODYPUMP® is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the nest weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!

Boxing

Boxing is a 1 hour class which focuses on technique and boxing combinations as well as muscular endurance, speed and conditioning. Must bring inners. Class is weather dependant.

Chair Yoga

An all-inclusive program that uses a chair to bring the benefits of yoga to a much bigger proportion of the population. It's aimed at those that may have reduced physical capabilities, joint challenges, lack of mobility, recovering from illness or accidents, or other physical issues. Benefits;

- Is a fully supported and balanced form of exercise
- Fun and interactive lending itself to a group social activity

CXWORX (30min)

Based on cutting-edge scientific research, CXWORX® is the ultimate to 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.

Tabata

Tabata is a type of training that involves repeated bouts of high intensity effort followed by varied recovery times. It is a 30 minute, complete physical activity program that includes aerobic exercise and strength training.

Meditation

This is a 1 hour meditation class where you train your mind and induces a mode of consciousness, to calm your inner mind and enhance inner peace. Due to hygiene it is suggested you bring your own mat for the class.

Pilates

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without

bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient system in sport and daily activity. Due to hygiene it is suggested you bring your own mat.

RPM/Cycle

RPM® is the 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 packs through hills, flats, mountain peaks, time trials and interval training.

Yoga

Stretching and strengthening movements that aim to energise and relax the whole being. Standing postures, forward/backward bends and twists are common. Improve posture and alignment and relieve tension and stress. Bring a blanket and warm clothing. Due to hygiene it is suggested you bring your own mat.

Zumba

A patented fitness class that combines Latin dancing with interval and resistance training for a rhythmic workout. Designed for all fitness levels.

Please note: Please arrive 5 minutes before class begins. For safety, no entry after warm up. Don't forget to bring a towel.

New participants, injuries, pregnancy? If you are a new participant, have injuries, are pregnant or have other special concerns, please arrive 5 minutes early and advise your instructor before class commences. They can make variations for your special needs.

For any questions please contact us: 563A Pascoe Vale Road, Oak Park, Vic 3046

Phone: 8311 4600 **Email:** oakparkleisure@activemoreland.com.au