

# Monbulk Aquatic Centre Aqua Aerobics Classes

Current Timetable - valid from 28 November 2023

| SWIMMING POOL |               |                   |               |                   |               |          |        |
|---------------|---------------|-------------------|---------------|-------------------|---------------|----------|--------|
|               | Monday        | Tuesday           | Wednesday     | Thursday          | Friday        | Saturday | Sunday |
| 8:00AM        |               | Aqua Pilates (45) |               |                   |               |          |        |
| 8:30AM        | Aqua Fit (45) |                   | Aqua Fit (45) | Aqua Pilates (45) | Aqua Fit (45) |          |        |
| 9:30AM        | Aqua Fit (45) |                   | Aqua Fit (45) | Aqua Fit (45)     | Aqua Fit (45) |          |        |

See Class Guide description for more information on specific classes and their benefits.

# Monbulk Aquatic Centre Specialised\* Training

Current Timetable - valid from 28 November 2023

| SPECIALIST CLASSES |                  |         |                  |                  |                   |          |        |
|--------------------|------------------|---------|------------------|------------------|-------------------|----------|--------|
|                    | Monday           | Tuesday | Wednesday        | Thursday         | Friday            | Saturday | Sunday |
| 7:30AM             |                  |         | Wonder Women     |                  | Wonder Women      |          |        |
| 8:00AM             | Mums & Bubs (45) |         |                  |                  |                   |          |        |
| 10:50AM            |                  |         |                  |                  | Senior Cycle (30) |          |        |
| 12:30PM            |                  |         | Mums & Bubs (45) | Mums & Bubs (45) |                   |          |        |
| 1:30PM             | Move To Improve  |         | Move To Improve  | Move To Improve  |                   |          |        |

See Class Guide description for more information on specific classes and their benefits.

\*Specialised refers to programs led by qualified trainers and targeted to the individuals enrolled

# Monbulk Aquatic Centre SGT (Small Group Training)

Current Timetable - valid from 28 November 2023

| GYM FLOOR BASED |   |                          |                          |                          |                          |                |        |
|-----------------|---|--------------------------|--------------------------|--------------------------|--------------------------|----------------|--------|
|                 | Monday  | Tuesday                  | Wednesday                | Thursday                 | Friday                   | Saturday       | Sunday |
| 6:15AM          |   |                          |                          | Functional Training (30) |                          |                |        |
| 7:15AM          | Gym Cycle (30)  | Functional Training (30) | Gym Cycle (30)           |                          | Gym Cycle (30)           |                |        |
| 8:15AM          |   |                          |                          |                          |                          | Gym Cycle (45) |        |
| 10:15AM         |   | Gym Cycle (30)           | Functional Training (30) | Functional Training (30) |                          | Gym Cycle (30) |        |
| 3.30PM          | Teen Gym* (2 hours) <i>Instructor guided programming and workouts</i> |                          |                          |                          |                          |                |        |
| 5:15PM          | Gym Cycle (45)  | Gym Cycle (45)           | Gym Cycle (45)           | Gym Cycle (45)           | Gym Cycle (45)           |                |        |
| 6:15PM          | Gym Cycle (30)  | Functional Training (30) | Gym Cycle (30)           | Gym Cycle (30)           | Functional Training (30) |                |        |
| 7:15PM          | Functional Training (30)  |                          |                          |                          |                          |                |        |

\*Teen Gym hours are times where our 12-15 year old members can attend without direct parent supervision. All Teen members must have had a BEGIN appointment prior to taking part in any exercise programs. A Fitness Professional may not always be present on the gym floor during this time.

\*\*Cycle classes: There are run on the gym floor under supervision of A Fitness Professional however are not instructor led classes. These pre-programmed classes allow you to ride for either 30 or 45 mins with a group.

\*\*\*Functional Training sessions may vary and will be led by one of our team of Gym Trainers. See Class Guide description for more information. (Max 5 per group).

# Monbulk Aquatic Centre Outdoor Training

Current Timetable - valid from 28 November 2023

## OUTDOOR - SUMMER SERIES

|         | Monday        | Tuesday | Wednesday | Thursday | Friday        | Saturday | Sunday |
|---------|---------------|---------|-----------|----------|---------------|----------|--------|
| 6:05AM  | Bootcamp (45) |         |           |          | Bootcamp (45) |          |        |
| 9:30AM  |               |         |           |          |               | Bootcamp |        |
| 10:45AM |               |         | Boxing    |          | Tai Chi (45)  |          |        |
| 5:00PM  | Tai Chi (45)  |         |           | Boxing   |               |          |        |

See Class Guide description for more information on specific classes and their benefits.

# GROUP FITNESS ROOM

|         | Monday                             | Tuesday                            | Wednesday                | Thursday                | Friday                        | Saturday                           | Sunday          |
|---------|------------------------------------|------------------------------------|--------------------------|-------------------------|-------------------------------|------------------------------------|-----------------|
| 6:05AM  |                                    | <b>LES MILLS</b><br>Body Pump (45) | Body Blast (45)          | <b>LES MILLS</b><br>RPM |                               |                                    |                 |
| 8:05AM  |                                    |                                    |                          |                         |                               | <b>LES MILLS</b><br>Body Pump (45) |                 |
| 9:00am  |                                    |                                    |                          |                         |                               | <b>LES MILLS</b><br>RPM            | Vinyasa<br>Yoga |
| 9:10AM  | <b>LES MILLS</b><br>Body Pump      | HIIT                               | <b>LES MILLS</b><br>RPM  | Vinyasa Yoga            | <b>LES MILLS</b><br>Body Pump |                                    |                 |
| 9:45AM  |                                    | Core & More                        |                          |                         |                               |                                    |                 |
| 10:00am |                                    |                                    | <b>LES MILLS</b><br>Core |                         |                               | Zumba                              |                 |
| 10:15AM | Spin (30)                          | Yoga                               |                          |                         | <b>LES MILLS</b><br>Core      |                                    |                 |
| 10:30AM |                                    |                                    | Move & Stretch           | Pilates                 |                               |                                    |                 |
| 10:50am | Body Blast (30)                    |                                    |                          |                         |                               |                                    |                 |
| 11:30AM | Pilates                            | Pilates                            | Pilates                  | Zumba (45)              | Pilates                       | Vinyasa<br>Yoga                    |                 |
| 5:15PM  |                                    | Body Blast (45)                    |                          |                         |                               |                                    |                 |
| 5:30PM  | <b>LES MILLS</b><br>Body Pump (45) |                                    |                          |                         |                               |                                    |                 |
| 6.00PM  |                                    | Spin (45)                          | Hi Energy Circuit        | Body Blast              |                               |                                    |                 |
| 6:15PM  | Hi Energy Circuit                  |                                    |                          |                         |                               |                                    |                 |
| 7:00PM  |                                    | Vinyasa Yoga                       | Core & More              | Yoga                    |                               |                                    |                 |
| 7:15PM  | Pilates                            |                                    |                          |                         |                               |                                    |                 |

# Monbulk Aquatic Centre Group Fitness Classes

## Class Guide for Members

| <b>GYM FLOOR BASED</b>     | <b>Description</b>  | <b>Time</b>      |
|----------------------------|---|------------------|
| <b>Functional Training</b> | A 30 minute program led by a trainer utilising equipment and body weight. Strength, Cardio and Core - the workouts will cover them all. | 30 minutes       |
| <b>Gym Cycle</b>           | A pre-programmed cycle workout. Class focuses include agility, speed and climbs.  | 30 or 45 minutes |

  

| <b>AQUA</b>         | <b>Description</b>   | <b>Time</b> |
|---------------------|--|-------------|
| <b>Aqua Fit</b>     | This fun, water based aerobic workout will get you feeling energized in mind and body. By using the natural resistance of the water as you move through the various moves, you will feel your muscles, core strength and overall fitness increase. | 45 minutes  |
| <b>Aqua Pilates</b> | Yes you guessed it - Pilates in the water! A fantastic class to help you build core strength and work on your bodies ability to utilise and engage the core which lends itself to every day tasks and general health and wellbeing.                | 45 minutes  |

# Monbulk Aquatic Centre Group Fitness Classes

## Class Guide for Members

| <b>SPECIALISED</b>     | <b>Description</b>   | <b>Time</b> |
|------------------------|--|-------------|
| <b>Mums and Bubs</b>   | These classes focus on gently getting new mums back into movement with a combination of body weight and light weights. Classes are capped for safety reasons, babies and toddlers welcome.               | 45 mins     |
| <b>Senior Cycle</b>    | A low-intensity, steady-state class designed for the active older adult, great for burning calories and improving cardiovascular fitness. It's also a great recovery ride, anyone can join in.           | 30 minutes  |
| <b>Move to Improve</b> | Gentle exercise designed to increase functional mobility, improve muscle and bone strength and enhance balance and flexibility. Recommended for older adults. Medical Clearance required to participate. | 60 minutes  |
| <b>Wonder Women</b>    | Designed more for beginners and mature ages, it is the best workout to get you back into loving the gym and wanting to go! It will strengthen the joints and increase balance and flexibility.           | 60 minutes  |

# Monbulk Aquatic Centre Group Fitness Classes

## Class Guide for Members

Please note Outdoor Classes are weather dependant. Where possible we will try to move classes indoors due to bad weather but late cancellations may occur.

| OUTDOOR   | Description  | Time             |
|-----------|--|------------------|
| Tai Chi   | Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. We recommend bringing your own mat. | 45 mins          |
| Boot Camp | Get fit, makes friends and work hard! A group workout designed to push you to get fitter, stronger and faster. Suitable for all levels of fitness.                                     | 45 or 60 minutes |
| Boxing    | Suitable for all levels of experience, work with a partner while a boxing coach guides you through punching combinations. Come alone or come with a friend!                            | 55 minutes       |



# Monbulk Aquatic Centre Group Fitness Classes

| GX ROOM                       | Description  | Time             |
|-------------------------------|--|------------------|
| <b>Body Blast</b>             | Our qualified instructor guides each participant through a beginner friendly circuit using a variety of equipment including hand weights, balls, bands. Sale for all ages and fitness levels.  | 45 or 55 minutes |
| <b>LES MILLS</b><br>Body Pump | BODYPUMP, a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health.   | 45 or 55 minutes |
| <b>LES MILLS</b><br>Core      | LES MILLS CORE is a workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core.   | 30 minutes       |
| <b>Core &amp; More</b>        | This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the foundation core muscles. The instructor may include a variety of equipment in this great workout. | 30 minutes       |
| <b>Hi Energy Circuit</b>      | This moderate to high intensity circuit-style class incorporates resistance and cardiovascular exercises for a total body workout. Suitable for all levels of fitness.   | 45 or 55 minutes |
| <b>HIIT</b>                   | Suitable for everyone from beginners to athletes, this class focuses on bursts of high-intensity strength and cardio exercises followed by brief periods of recovery. A short, sharp workout that gets results fast.                       | 30 minutes       |
| <b>Move and Stretch</b>       | A gentle stretching, movement and flexibility class designed to aid recovery, prevent injury and regain mobility. Our qualified instructor takes you through guided stretches that are tailored to all levels of mobility.                 | 45 minutes       |

# Monbulk Aquatic Centre Group Fitness Classes

| GX ROOM                 | Description   | Time             |
|-------------------------|---|------------------|
| Pilates                 | This class focuses on core strengthening movements- improving posture, flexibility and strength through the connection of mind and body with breath. It teaches body awareness and graceful movement. Suitable for newcomers.   | 60 minutes       |
| <b>LES MILLS</b><br>RPM | RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and a big calorie burn. Your instructor takes you on a journey of hill climbs, sprints and flat riding.  | 45 minutes       |
| Spin                    | This fun, no-impact cardio class features intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire!   | 30 or 45 minutes |
| Yoga & Vinyasa Yoga     | Combines flowing breath connected Yoga and Somatic Movement supporting principles, exploring healthy ranges of motion to encourage deep body and mind awareness, strength and positive re-patterning. The intricate body explored to create understanding and harmony within. | 60 minutes       |
| Zumba                   | Gives you a calorie burning, cardiovascular workout in the atmosphere of a dance party! Latin dance moves are the basis for this fusion dance style, but movements from belly dance, hip-hop, salsa and reggae nation also feature.   | 45 or 60 minutes |