

# GESAC HEALTH CLUB GROUP FITNESS TIMETABLE

Commencing January 2025

Bookings required via member portal

STUDIO WONDER		MON	TUES	WED	THURS	FRI	SAT	SUN
	6am	BodyPump	BodyPump	BodyPump	BodyPump	BodyAttack	BodyPump	
7am	Virtual BodyAttack	Virtual BodyPump	Virtual BodyCombat	Virtual Les Mills Core				
7.30am							BodyPump	
8am			Activate Strength					
8.25am	Activate Strength	Zumba Gold				Activate Strength		
8.30am							BodyAttack	Les Mills Tone
9.25am	BodyPump	BodyPump	Dance	BodyPump	Tummy, Hips & Thighs			
9.30am							BodyCombat	BodyStep
10.30am	Zumba	Activate Strength (10.45am)	Core	Activate Circuit			BodyPump	BodyPump
12pm	Virtual BodyPump	Mums & Bubs	Virtual BodyPump	Virtual BodyCombat			Virtual BodyAttack	Virtual BodyPump
4pm	Virtual BodyPump	Virtual BodyAttack				Virtual BodyPump (1.00pm)	Virtual BodyPump	Virtual BodyAttack
5pm		Tummy, Hips & Thighs				Virtual BodyPump	Virtual Les Mills Core	Virtual Les Mills Core
6pm	BodyPump	BodyCombat	BodyPump	Les Mills Tone	Zumba	Virtual Sh'bam	Virtual BodyCombat	
7pm	BodyAttack	Dance	BodyStep	BodyCombat				

STUDIO TWO		MON	TUES	WED	THURS	FRI	SAT	SUN
	6.10am	Flow Yoga	Mat Pilates	Hatha Yoga ☀️	Flow Yoga ☀️	Mobilise		
7.30am		Mobilise (7.05am)					Flow Yoga ☀️	
8.30am	Qigong		Tai Chi	Mat Pilates (8.00am) ☀️			Tummy Hips and Thighs	Flow Yoga
9.25am	Flow Yoga	Mat Pilates	Beginners Yoga	Restorative Yoga ☀️	Mat Pilates			
9.30am							Mat Pilates	Mat Pilates
10.30am							Vinyasa Yoga	
10.40am	Beginners Yoga	Vinyasa Yoga	Yin Yoga	Flow Yoga	Flow Yoga	Mobilise (11.30am)		Virtual BodyBalance
12pm		Virtual Pilates	Virtual Yoga	Virtual BodyBalance	Mums & Bubs			Virtual Yoga
6pm	Vinyasa Yoga	Flow Yoga	Mat Pilates	Mat Pilates	Yin Yoga ☀️	Virtual BodyBalance		Virtual Yoga
7pm	Flow Yoga	Beginners Yoga ☀️	Restorative Yoga ☀️	Heated Mat Pilates ☀️	Meditation ☀️			
8pm	Yin Yoga ☀️	Restorative Yoga ☀️	Yoga Nidra ☀️	Restorative Yoga ☀️				

☀️ Classes with a sun are Heated Classes.  
During Heated Classes, infrared panels heat the studio to 25-27 degrees.

BIKE LAB		MON	TUES	WED	THURS	FRI	SAT	SUN
	6am	Cycle	The Trip	RPM	Cycle	Sprint		
7am	Virtual Trip	Virtual Sprint	Cycle	Virtual RPM	Virtual RPM			
7.30am							Cycle	Cycle
8.25am	RPM	The Trip					The Trip (8.30am)	The Trip (8.30am)
9.25am	Cycle	RPM	Cycle	Cycle	Cycle			
9.30am							RPM	RPM
12pm	Virtual Trip	Virtual RPM	Virtual Sprint	Virtual Trip	Virtual RPM			
4pm	Virtual Sprint	Virtual Trip	Virtual RPM	Virtual Trip	Virtual RPM	Virtual RPM	Virtual RPM	Virtual Trip
5pm	Virtual Trip	Virtual RPM	Virtual Trip	Virtual RPM	Virtual Trip	Virtual Trip	Virtual Trip	Virtual RPM
6pm	RPM	Cycle	Cycle (6.30pm)	The Trip				
7pm	Virtual Trip			Virtual Sprint				

TRAINING ZONE		MON	TUES	WED	THURS	FRI	SAT	SUN
	6am	Functional Strength	HIIT	Functional Strength	Bootcamp*	Functional Strength		
	Boxing*		Bootcamp*					
7am					HIIT		Bootcamp (7.05am)*	
8.30am		HIIT				HIIT	Functional Strength	
9.30am	Functional Strength	HIIT	Functional Strength	HIIT	HIIT	HIIT	HIIT	HIIT
12pm	HIIT		Functional Strength					
5.30pm			HIIT					
7pm	HIIT (7.05pm)	Functional Strength		Functional Strength				

\*These classes are held in GESAC Stadium

# GESAC AQUATIC GROUP FITNESS TIMETABLE

Commencing January 2025

Bookings required via member portal

	MON	TUES	WED	THURS	FRI	SAT	SUN
AQUA FITNESS	6am	Swim Fit		Swim Fit			
	7.10am					Aqua Fitness	
	7.30am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	
	8.25am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	
	9.20am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	
	11.45am	Aqua Pilates	Aqua Pilates		Aqua Pilates		
	6pm					TEEN Swim Fit	
	7pm			Swim Fit			
	7.15pm	Aqua HIIT		Aqua HIIT			

## GROUP FITNESS CLASS DESCRIPTIONS

### STUDIO WONDER PROGRAMS

<b>Activate Circuit</b> A strength and cardio circuit specifically designed for older adults of all fitness levels.	45mins	<b>Les Mills Core</b> Previously named Cxworx, this cutting edge core training is designed to challenge your entire core unit – posteria chain, abdominals, obliques and more.	30mins/45mins
<b>Activate Strength</b> Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.	45mins	<b>Les Mills Sh'Bam</b> Featuring simple but seriously hot dance moves. Suitable even if you are dance-challenged.	45mins
<b>Boxing</b> An intense boxing based class that uses HIIT - High Intensity Interval Training. You will give all your effort through quick, intense bursts of exercise followed by short recovery periods. BYO gloves, wraps and focus pads.	55mins	<b>Les Mills Tone</b> Combining High Intensity Interval based cardio (HIIT) with Strength and Core training, this class will get you results fast.	45mins
<b>Dance</b> A dance fitness class is a dynamic and energetic workout session that combines elements of dance with traditional aerobic exercises. These classes are designed to provide a fun and effective way to improve cardiovascular health, co-ordination, flexibility, and overall fitness while dancing to upbeat music. Perfect for all levels of fitness.	45mins	<b>Tummy, Hips and Thighs</b> A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness levels and excellent as a post and prenatal exercise option.	45min
<b>Les Mills BodyAttack</b> Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.	55mins/45mins	<b>Zumba</b> Featuring exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning participants.	55mins
<b>Les Mills BodyCombat</b> The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.	55mins/45mins	<b>Zumba Gold</b> Zumba Gold will get you moving, improve your fitness and leave you feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love, but at a lower intensity.	55mins
<b>Les Mills BodyPump</b> The original barbell class that strengthens and tones your entire body to ensure you get results fast.	55mins/45mins	<b>Mums &amp; Bubs</b> Post-partum friendly exercises. Babies under 12 months welcome.	
<b>Les Mills BodyStep</b> An energising step workout including adjustable step height and simple moves will push fat burning systems into high gear.	55mins	<b>Core</b> Targeting your mid-section with functional strength exercises, muscle toning and stability work.	45mins

### BIKE LAB PROGRAMS

<b>Cycle</b> An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.	45mins	<b>Les Mills The Trip</b> A fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, this immersive fitness workout takes motivation and energy output to the next level, burning serious calories. *Lighting and visual effects may cause motion sickness if you are sensitive.	45mins
<b>Les Mills RPM</b> Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.	45mins		
<b>Les Mills Sprint</b> High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Personalised coaching with intervals of strength, speed and power will push you to the max.	30mins		

### AQUATIC PROGRAMS

<b>Aqua Fitness</b> A fun, energetic cardio workout in the indoor 25 metre pool. **	45mins	<b>Aqua HIIT</b> More physically challenging than Aqua Fitness, Aqua HIIT is a High Intense Interval Training class a style that uses hard exertion followed by less intense recovery periods.	30mins
<b>Aqua Pilates</b> Combining pilates techniques with aqua exercise. Improve your core strength, posture and joint mobility in the hydrotherapy pool.	45mins	<b>Hot Aqua</b> Conducted in the warm Wellness Pool, combining slower paced aqua exercise with the benefits of warm water exercise to improve mobility and movement.	55mins
<b>Swim Fit</b> You will learn about pacing, stroke strength, stroke rate and open water skills. Regular time trials will help you gauge improvement.	60/90mins		

### STUDIO TWO PROGRAMS

<b>Beginners Yoga</b> This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment. **	50mins	<b>Qigong</b> A gentle & restorative exercise therapy incorporating a variety of low impact movements with stillness & some meditation. The purpose of the practice is to release tension - physical, mental & emotional.	45mins
<b>Boxing</b> A mixture of boxing combinations, cardio drills and strength training. Suitable for all levels of fitness, you will feel the full effects of this upper and lower body workout in no time!	45mins	<b>Restorative Yoga</b> A gentle yoga class that is about slowing down your body through passive stretching using props to support your body and allow the muscles to relax deeply.	50mins/75mins
<b>Hatha Yoga</b> Hatha Yoga incorporates all the basic traditional methods including poses, breath work, meditation, and relaxation. The poses(asana) are slowed down and held static for longer period times than flow Yoga to focus your mind and body strength.	50mins/55mins	<b>Tai Chi</b> Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. Promotes mental awareness, improves balance, control and wellbeing.	45mins
<b>Flow Yoga</b> A slower paced class that focuses on correct alignment and getting the most from your yoga practice. It is a flow yoga based class aimed at stretching and strengthening the body but with focus on alignment. We take the time to look at how the body should be aligned in poses and offer options to modify depending on your needs.	50mins/55mins	<b>Tummy, Hips and Thighs</b> A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness levels and excellent as a post and prenatal exercise option.	45mins
<b>Les Mills BodyBalance</b> A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **	55mins	<b>Vinyasa Yoga</b> Vinyasa Yoga follows a series of flowing poses that connect breath with body and movement. Typically a stronger and more intense practice it is recommended to have participated in Beginners or Flow Yoga before attending this class.	50mins/55mins
<b>Mat Pilates</b> Pilates Exercises with and without small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance. **	45mins/55mins	<b>Yin Yoga</b> A deeply mindful style of Yoga where postures are held for a longer period of time while you find stillness and focus on the breath. Profoundly powerful practice to alleviate stress and deeply release tension and tightness in the body.	50mins/55mins
<b>Meditation</b> Meditation can produce a deep state of relaxation and a tranquil mind. You focus your attention using a combination of mental and physical techniques which may include but is not limited to - mindfulness, breath, mantra and Yoga Nidra.	30mins	<b>Yoga Nidra</b> Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.	30mins
<b>Heated Mobilise</b> Designed to improve your range of motion and flexibility, while improving your strength, balance, and stability. Mobilise can help reduce stiffness, discomfort and pain to help you move and feel better.	45mins	<b>Heated Mat Pilates</b> Heated Mat Pilates is a challenging full body workout designed to strengthen muscles using the Pilates principles. As the name suggests, is taught in a heated space and it's going to make you sweat- a lot.	45min/55mins

### TRAINING ZONE PROGRAMS

<b>Functional Strength</b> An introduction to strength training covering basic principles, benefits, and key movements. Each class targets your full body and builds comfort with the barbell. You'll learn functional movements to enhance your everyday mobility.	45 mins	<b>HIIT</b> Experience interval-based training that pushes your limits followed by recovery. HIIT is proven to deliver fast results. Your trainer will guide you to work hard and train smart.	45 mins
<b>Boxing</b> An intense boxing based class that uses HIIT - High Intensity Interval Training. You will give all your effort through quick, intense bursts of exercise followed by short recovery periods. BYO gloves, wraps and focus pads.	55 mins	<b>Bootcamp</b> Bootcamp integrates the most effective aspects of cardio and functional strength training. Expect a training session which will include a series of high and low intensity exercises, utilising timed intervals that will combine free weights, plyometrics, cardio conditioning, and balance training.	45 mins

### VIRTUAL FITNESS

Virtual Fitness classes are conducted in the Cycle Studio, Mind and Body Studio and Group Fitness Studio One. Classes are conducted with a virtual instructor/s. Please arrive five minutes prior to the session to set up. Please ask staff for assistance if needed.



### \*\* PREGNANCY SAFE CLASSES

Denotes classes suitable or specialised during pregnancy. Please inform the instructor BEFORE the class starts so they can provide alternate options throughout the class.