

GESAC HEALTH CLUB HOLIDAY GROUP FITNESS TIMETABLE Monday 23 December to Sunday 29 December

STUDIO WONDER

	MON 23 DEC	TUES 24 DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC	
6am	BodyPump	BodyPump	CLOSED		BodyPump			
7am	Virtual BodyAttack	Virtual BodyPump		Virtual Les Mills Core		BodyPump (7.30am)		
8am								
8.25am	Activate Strength	Zumba Gold				Activate Strength		
8.30am							BodyAttack	Les Mills Tone
9.25am	BodyPump	BodyPump			BodyPump	Tummy, Hips & Thighs		
9.30am							BodyCombat	BodyStep
10.30am	Zumba	Activate Strength (10.45am)			Activate Circuit		BodyPump	BodyPump
12pm	Virtual BodyPump				Virtual BodyCombat		Virtual BodyAttack	Virtual BodyPump
1pm						Virtual BodyPump		
4pm	Virtual BodyPump						Virtual BodyPump	Virtual BodyAttack
5pm						Virtual BodyPump	Virtual Les Mills Core	Virtual Les Mills Core
6pm	BodyPump					Zumba	Virtual Sh'Bam	Virtual BodyCombat
7pm	BodyAttack							

STUDIO TWO

	MON 23 DEC	TUES 24 DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC	
6.10am	Flow Yoga	Mat Pilates	CLOSED		Mobilise ☀️			
7.30am		Mobilise (7.05am)				Flow Yoga ☀️		
8.30am	Qigong					Tummy, Hips & Thighs	Flow Yoga	
9.25am	Flow Yoga	Mat Pilates			Restorative Yoga ☀️	Mat Pilates		
9.30am							Mat Pilates	Mat Pilates
10.30am							Vinyasa Yoga	
10.40am	Beginners Yoga	Vinyasa Yoga ☀️			Flow Yoga	Flow Yoga		Virtual BodyBalance
11.30am							Mobilise ☀️	
12pm					Virtual BodyBalance			Virtual Yoga
6pm	Vinyasa Yoga					Yin Yoga ☀️	Virtual BodyBalance	Virtual Yoga
7pm	Flow Yoga					Meditation ☀️		
8pm	Yin/Restore ☀️							

BIKE LAB

	MON 23 DEC	TUES 24 DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC	
6am	Cycle	The Trip	CLOSED		Sprint			
7am	Virtual Trip	Virtual Sprint		Virtual RPM	Virtual RPM			
7.30am						Cycle		
8.25am	RPM	The Trip						
8.30am						The Trip	RPM	
9.25am	Cycle	RPM			Cycle	Cycle		
9.30am							RPM	The Trip
12pm	Virtual Trip	Virtual RPM			Virtual Trip	Virtual RPM		
4pm	Virtual Sprint				Virtual Trip	Virtual RPM	Virtual RPM	Virtual Trip
5pm	Virtual Trip				Virtual RPM	Virtual Trip	Virtual Trip	Virtual RPM
6pm	RPM							
7pm	Virtual Trip							

TRAINING ZONE

	MON 23 DEC	TUES 24 DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC	
6am	Functional Strength	HIIT	CLOSED		Functional Strength			
7am								
8.30am		HIIT				HIIT	Functional Strength	
9.30am	Functional Strength	HIIT			HIIT	HIIT	HIIT	HIIT
12pm	HITT							
5.30pm								
7pm	HIIT (7.05pm)							

GESAC HEALTH CLUB HOLIDAY GROUP FITNESS TIMETABLE

Monday 23 December to Sunday 29 December Bookings required via member portal

AQUA FITNESS

	MON 23 DEC	TUES 24 DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC
7am			CLOSED			Aqua (7.10am)	
7.30am	Aqua	Aqua				Aqua	
8am							
8.25am	Aqua	Aqua			Aqua	Aqua	
9.20am	Aqua	Aqua			Aqua	Aqua	
11.45am	Aqua Pilates	Aqua Pilates					
7:15pm	Aqua HITT						

GROUP FITNESS CLASS DESCRIPTIONS

STUDIO WONDER PROGRAMS

Activate Circuit A strength and cardio circuit specifically designed for older adults of all fitness levels.	45mins	Les Mills Core Previously named Cxworx, this cutting edge core training is designed to challenge your entire core unit – posterior chain, abdominals, obliques and more.	30mins/45mins
Activate Strength Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.	45mins	Les Mills Sh'Bam Featuring simple but seriously hot dance moves. Suitable even if you are dance-challenged.	45mins
Boxing 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	Les Mills Tone Combining High Intensity Interval based cardio (HIIT) with Strength and Core training, this class will get you results fast.	45mins
Dance Fun, easy urban style dance fitness choreographies designed by Poppy. Groove to funk, get down & dirty with some hip hop, and break a sweat with some electro latin fusion, plus many more flavours.	45mins	Tummy, Hips and Thighs 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
Les Mills BodyAttack Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.	55mins/45mins	Zumba 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
Les Mills BodyCombat The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.	55mins/45mins	Zumba Gold 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
Les Mills BodyPump The original barbell class that strengthens and tones your entire body to ensure you get results fast.	55mins/45mins	Mums & Bubs Post-partum friendly exercises. Babies under 12 months welcome.	
Les Mills BodyStep An energising step workout including adjustable step height and simple moves will push fat burning systems into high gear.	55mins		

BIKE LAB PROGRAMS

Cycle An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.	45mins	Les Mills The Trip 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.	45min
Les Mills RPM Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.	45mins		
Les Mills Sprint 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	Please note The Trip contains effects that may affect people suffering from photo-sensitivity and motion sickness.	

AQUATIC PROGRAMS

Aqua Fitness A fun, energetic cardio workout in the indoor 25 metre pool. **	45mins	Aqua HIIT 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
Aqua Pilates Combining pilates techniques with aqua exercise. Improve your core strength, posture and joint mobility in the hydrotherapy pool.	45mins	Hot Aqua Conducted in the warm Wellness Pool, combining slower paced aqua exercise with the benefits of warm water exercise to improve mobility and movement.	55mins
Swim Fit 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

Beginners Yoga This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment. **	55mins	Qigong 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.	55mins
Boxing 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	Restore Yoga 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.	55mins
Core Targeting your mid-section with functional strength exercises, muscle toning and stability work.	45mins	Tai Chi 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.	55mins
Evolve Yoga Focuses on yoga techniques designed to navigate hormonal imbalances associated with perimenopause, menopause and post-menopause.	55mins	Tummy, Hips and Thighs 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
Flow Yoga A slower-paced yoga class aimed at stretching and strengthening the body 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.	55mins	Vinyasa Yoga 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.	55mins
Les Mills BodyBalance A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **	55mins	Yin Yoga 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.	55mins
Mat Pilates Pilates exercises using small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance. **	55mins	Yoga Nidra Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.	55mins
Meditation 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	Zumba 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

TRAINING ZONE PROGRAMS


Functional Strength An introduction to strength training; learn the basic training principles, benefits and major movements of strength training. Each class will work your full body and help you become comfortable with using a barbell. Under the guidance of your trainer, you will learn many functional movements that will allow you to move better every day.	45 mins	HIIT High Intensity Interval Training – 45 minutes of interval based training, work as hard as you can and then recover. HIIT is scientifically proven to get results fast. Your HIIT trainer will coach you through your efforts keeping you working hard and training smart.	45 mins
		Bootcamp Using the wide-open spaces of the stadium and new equipment you will get an old school workout designed to push you to your limit.	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.

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

GESAC HEALTH CLUB

HOLIDAY GROUP FITNESS TIMETABLE

Monday 30 December to Sunday 5 January

Bookings required via member portal

STUDIO WONDER

	MON 30 DEC	TUES 31 DEC	WED 1 JAN	THURS 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 JAN
6am	BodyPump	BodyPump		BodyAttack	BodyPump		
7am	Virtual BodyAttack	Virtual BodyPump		Virtual LesMills Core			
7.30am						BodyPump	
8am							
8.25am	Activate Strength	Zumba Gold			Activate Strength		
8.30am						BodyAttack	Les Mills Tone
9.25am	BodyPump	BodyPump		BodyPump	Tummy, Hips, Thighs		
9.30am						BodyCombat	Body Step
10.30am	Zumba	Activate Strength		Activate Circuit		BodyPump	BodyPump
12pm	Virtual BodyPump			Virtual BodyCombat	Virtual BodyPump (1.00pm)	Virtual BodyAttack	Virtual BodyPump
4pm	Virtual BodyPump					Virtual BodyPump	Virtual BodyAttack
5pm					Virtual BodyPump	Virtual Les Mills Core	Virtual Les Mills Core
6pm	BodyPump			LesMills Tone		Virtual Sh'Bam	Virtual BodyCombat

STUDIO TWO

	MON 30 DEC	TUES 31 DEC	WED 1 JAN	THURS 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 JAN
6.10am	Flow Yoga	Mat Pilates		Flow Yoga ☀️	Mobilise ☀️		
7.30am		Mobilise (7.05am)		Mat Pilates ☀️		Flow Yoga ☀️	
8.30am	Qigong					Tummy, Hips, Thighs	Flow Yoga
9.25am	Flow yoga	Mat Pilates		Restorative Yoga ☀️	Mat Pilates		
9.30am						Mat Pilates	Mat Pilates
10.30am						Vinyasa Yoga	
10.40am	Beginners Yoga	Vinyasa Yoga ☀️		Flow Yoga	Flow Yoga		Virtual BodyBalance
11.30am						Mobilise ☀️	
12pm			Virtual Yoga	Virtual BodyBalance			Virtual Yoga
1.15pm			Flow Yoga (2.00pm)				
6pm	Vinyasa Yoga		Yin & Restore (3.00pm) ☀️	Mat Pilates	Yin Yoga ☀️	Virtual BodyBalance	Virtual Yoga
7pm	Flow Yoga			Mat Pilates ☀️	Meditation ☀️		
8pm	Yin & Restore ☀️			Restore & Yoga Nidra ☀️			

BIKE LAB

	MON 30 DEC	TUES 31 DEC	WED 1 JAN	THURS 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 JAN
6am	Cycle	The Trip		Cycle	Sprint		
7am	Virtual Trip	Virtual Sprint		Virtual RPM	Virtual RPM		
7.30am						Cycle	Cycle
8.25am	RPM	The Trip				The Trip (8.30am)	RPM (8.30am)
9.25am	Cycle	RPM		Cycle	Cycle		
9.30am						RPM	The Trip
12pm	Virtual Trip	Virtual RPM		Virtual Trip	Virtual RPM		
4pm	Virtual Sprint	Virtual Trip		Virtual Trip	Virtual RPM	Virtual RPM	Virtual Trip
5pm	Virtual Trip	Virtual RPM		Virtual RPM	Virtual Trip	Virtual Trip	Virtual RPM
6pm	RPM			The Trip			
7pm	Virtual Trip			Virtual Sprint			

TRAINING ZONE

	MON 30 DEC	TUES 31 DEC	WED 1 JAN	THURS 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 JAN
6am	Functional Strength	HIIT			Functional Strength		
7am				HIIT		Bootcamp	
8.30am		HIIT			HIIT	Functional Strength	
9.30am	Functional Strength	HIIT		HIIT	HIIT	HIIT	HIIT
12pm	HIIT						
5.30pm							
7pm	HIIT			Functional Strength			

GESAC HEALTH CLUB HOLIDAY GROUP FITNESS TIMETABLE

Monday 30 December to Sunday 5 January

Bookings required via member portal

AQUA FITNESS

	MON 30 DEC	TUES 31 DEC	WED 1 JAN	THURS 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 JAN
7.10am						Aqua	
7.30am	Aqua	Aqua		Aqua	Aqua		
8.25am	Aqua	Aqua		Aqua	Aqua		
9.20am	Aqua	Aqua		Aqua	Aqua		
11.45am	Aqua Pilates	Aqua Pilates		Aqua Pilates			
7.15pm	Aqua HIIT						

GROUP FITNESS CLASS DESCRIPTIONS

STUDIO WONDER PROGRAMS

<p>Activate Circuit 45mins A strength and cardio circuit specifically designed for older adults of all fitness levels.</p> <p>Activate Strength 45mins Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.</p> <p>Boxing 55mins 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.</p> <p>Dance 45mins Fun, easy urban style dance fitness choreographies designed by Poppy. Groove to funk, get down & dirty with some hip hop, and break a sweat with some electro latin fusion, plus many more flavours.</p> <p>Les Mills BodyAttack 55mins/45mins Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.</p> <p>Les Mills BodyCombat 55mins/45mins The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.</p> <p>Les Mills BodyPump 55mins/45mins The original barbell class that strengthens and tones your entire body to ensure you get results fast.</p> <p>Les Mills BodyStep 55mins An energising step workout including adjustable step height and simple moves will push fat burning systems into high gear.</p>	<p>Les Mills Core 30mins/45mins Previously named Cxworx, this cutting edge core training is designed to challenge your entire core unit – posterior chain, abdominals, obliques and more.</p> <p>Les Mills Sh'Bam 45mins Featuring simple but seriously hot dance moves. Suitable even if you are dance-challenged.</p> <p>Les Mills Tone 45mins Combining High Intensity Interval based cardio (HIIT) with Strength and Core training, this class will get you results fast.</p> <p>Tummy, Hips and Thighs 45min 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.</p> <p>Zumba 55mins 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.</p> <p>Zumba Gold 55mins 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.</p> <p>Mums & Bubs Post-partum friendly exercises. Babies under 12 months welcome.</p>
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BIKE LAB PROGRAMS

<p>Cycle 45mins An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.</p> <p>Les Mills RPM 45mins Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.</p> <p>Les Mills Sprint 30mins 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.</p>	<p>Les Mills The Trip 45min 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.</p> <p>Please note The Trip contains effects that may affect people suffering from photo-sensitivity and motion sickness.</p>
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AQUATIC PROGRAMS

<p>Aqua Fitness 45mins A fun, energetic cardio workout in the indoor 25 metre pool. **</p> <p>Aqua Pilates 45mins Combining pilates techniques with aqua exercise. Improve your core strength, posture and joint mobility in the hydrotherapy pool.</p> <p>Swim Fit 60/90mins You will learn about pacing, stroke strength, stroke rate and open water skills. Regular time trials will help you gauge improvement.</p>	<p>Aqua HIIT 30mins 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.</p> <p>Hot Aqua 55mins Conducted in the warm Wellness Pool, combining slower paced aqua exercise with the benefits of warm water exercise to improve mobility and movement.</p>
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STUDIO TWO PROGRAMS

<p>Beginners Yoga 55mins This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment. **</p> <p>Boxing 45mins 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!</p> <p>Core 45mins Targeting your mid-section with functional strength exercises, muscle toning and stability work.</p> <p>Evolve Yoga 55mins Focuses on yoga techniques designed to navigate hormonal imbalances associated with perimenopause, menopause and post-menopause.</p> <p>Flow Yoga 55mins A slower-paced yoga class aimed at stretching and strengthening the body 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.</p> <p>Les Mills BodyBalance 55mins A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **</p> <p>Mat Pilates 55mins Pilates exercises using small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance. **</p> <p>Meditation 30mins 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.</p> <p>Mobilise 30mins Mobilise is designed to improve your range of motion, flexibility, and mobility while also targeting strength, balance, and stability. Mobilise can help reduce stiffness and discomfort to help you move and feel better.</p>	<p>Qigong 55mins 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.</p> <p>Restore Yoga 55mins 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.</p> <p>Tai Chi 55mins 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.</p> <p>Tummy, Hips and Thighs 45min 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.</p> <p>Vinyasa Yoga 55mins 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.</p> <p>Yin Yoga 55mins 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.</p> <p>Yoga Nidra 55mins Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.</p> <p>Zumba 55mins 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.</p>
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TRAINING ZONE PROGRAMS

<p>Functional Strength 45 mins An introduction to strength training; learn the basic training principles, benefits and major movements of strength training. Each class will work your full body and help you become comfortable with using a barbell. Under the guidance of your trainer, you will learn many functional movements that will allow you to move better every day.</p>	<p>HIIT 45 mins High Intensity Interval Training – 45 minutes of interval based training, work as hard as you can and then recover. HIIT is scientifically proven to get results fast. Your HIIT trainer will coach you through your efforts keeping you working hard and training smart.</p> <p>Bootcamp 45 mins Using the wide-open spaces of the stadium and new equipment you will get an old school workout designed to push you to your limit.</p>
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VIRTUAL FITNESS

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** 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.

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GESAC HEALTH CLUB HOLIDAY GROUP FITNESS TIMETABLE

Monday 6 January to Sunday 12 January

Bookings required via member portal

STUDIO WONDER							
	MON 6 JAN	TUES 7 JAN	WED 8 JAN	THURS 9 JAN	FRI 10 JAN	SAT 11 JAN	SUN 12 JAN
6am	BodyPump	BodyPump	BodyPump	BodyAttack	BodyPump		
7am	Virtual BodyAttack	Virtual BodyPump	Virtual BodyCombat	Virtual Les Mills Core		BodyPump (7.30am)	
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	Core	Activate Circuit		BodyPump	BodyPump
12pm	Virtual BodyPump	Mums & Bubs		Virtual BodyCombat	Virtual BodyPump	Virtual BodyAttack	Virtual BodyPump
4pm	Virtual BodyPump	Virtual BodyAttack				Virtual BodyPump	Virtual BodyAttack
5pm		Tummy, Hips, Thighs			Virtual BodyPump	Virtual Les Mills Core	Virtual Les Mills Core
6pm	Body Pump	BodyCombat	BodyPump	Les Mills Tone	Dance	Virtual Sh'Bam	Virtual BodyCombat
7pm	Body Attack	Les Mills Dance	BodyStep	BodyCombat			

STUDIO TWO							
	MON 6 JAN	TUES 7 JAN	WED 8 JAN	THURS 9 JAN	FRI 10 JAN	SAT 11 JAN	SUN 12 JAN
6.10am	Flow Yoga	Mat Pilates	Hatha Yoga	Flow Yoga ☀️	Mobilise ☀️		
7.30am		Mobilise (7.05)		Heated Mat Pilates ☀️		Flow Yoga ☀️	
8.30am	Qigong		Tai Chi			Tummy, Hips, Thighs	Flow Yoga
9.25am	Flow Yoga	Mat Pilates	Beginners Yoga	Restorative Yoga ☀️	Mat Pilates		
9.30am						Mat Pilates	Mat Pilates
10.40am	Beginners Yoga	Vinyasa Yoga ☀️	Yin Yoga	Flow Yoga	Flow Yoga	Vinyasa Yoga	Virtual BodyBalance
11.30am						Mobilise ☀️	
12pm			Virtual Yoga	Virtual BodyBalance			Virtual Yoga
6pm	Vinyasa Yoga	Flow Yoga	Mat Pilates	Mat Pilates	Yin Yoga ☀️	Virtual BodyBalance	Virtual Yoga
7pm	Flow Yoga	Beginners Yoga ☀️	Restorative Yoga	Mat Pilates ☀️	Meditation ☀️		
8pm	Yin & Restore ☀️	Restorative Yoga ☀️	Yoga Nidra	Restore & Yoga Nidra ☀️			

BIKE LAB							
	MON 6 JAN	TUES 7 JAN	WED 8 JAN	THURS 9 JAN	FRI 10 JAN	SAT 11 JAN	SUN 12 JAN
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					
8.30am						The Trip	RPM
9.25am	Cycle	RPM	Cycle	Cycle	Cycle		
9.30am						RPM	The Trip
12pm	Virtual Trip	Virtual RPM	Virtual Sprint	Virtual Trip	Virtual RPM		
4pm	Virtual Spring	Virtual Trip	Virtual RPM	Virtual Trip	Virtual RPM	Virtual RPM	Virtual Trip
5pm	Virtual Trip	Virtual RPM	Virtual Trip	Virtual RPM	Virtual Trip	Virtual Trip	Virtual RPM
6pm	RPM	Cycle	Cycle (6.30pm)	The Trip			
7pm	Virtual Trip			Virtual Sprint			

TRAINING ZONE							
	MON 6 JAN	TUES 7 JAN	WED 8 JAN	THURS 9 JAN	FRI 10 JAN	SAT 11 JAN	SUN 12 JAN
6am	Functional Strength	HIIT	Functional Strength	Bootcamp (Stadium)	Functional Strength		
7am			Bootcamp (6am, Stadium)	HIIT		Bootcamp	
8.30am		HIIT			HIIT	Functional Strength	
9.30am	Functional Strength	HIIT	Functional Strength	HIIT	HIIT	HIIT	HIIT
12pm	HIIT		Functional Strength				
5.30pm			HIIT				
7.05pm	HIIT	Functional Strength		Functional Strength			

GESAC HEALTH CLUB HOLIDAY GROUP FITNESS TIMETABLE

Monday 6 January to Sunday 12 January

Bookings required via member portal

AQUA FITNESS							
	MON 6 JAN	TUES 7 JAN	WED 8 JAN	THURS 9 JAN	FRI 10 JAN	SAT 11 JAN	SUN 12 JAN
7.10am						Aqua	
7.30am	Aqua	Aqua	Aqua	Aqua	Aqua		
8.25am	Aqua	Aqua	Aqua	Aqua	Aqua		
9.20am	Aqua	Aqua	Aqua	Aqua	Aqua		
11.45am	Aqua Pilates			Aqua Pilates			
7.15pm	Aqua HIIT		Aqua HIIT				

GROUP FITNESS CLASS DESCRIPTIONS

STUDIO WONDER PROGRAMS

Activate Circuit A strength and cardio circuit specifically designed for older adults of all fitness levels.	45mins	Les Mills Core Previously named Cxworx, this cutting edge core training is designed to challenge your entire core unit – posterior chain, abdominals, obliques and more.	30mins/45mins
Activate Strength Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.	45mins	Les Mills Sh'Bam Featuring simple but seriously hot dance moves. Suitable even if you are dance-challenged.	45mins
Boxing 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	Les Mills Tone Combining High Intensity Interval based cardio (HIIT) with Strength and Core training, this class will get you results fast.	45mins
Dance Fun, easy urban style dance fitness choreographies designed by Poppy. Groove to funk, get down & dirty with some hip hop, and break a sweat with some electro latin fusion, plus many more flavours.	45mins	Tummy, Hips and Thighs 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
Les Mills BodyAttack Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.	55mins/45mins	Zumba 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
Les Mills BodyCombat The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.	55mins/45mins	Zumba Gold 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
Les Mills BodyPump The original barbell class that strengthens and tones your entire body to ensure you get results fast.	55mins/45mins	Mums & Bubs Post-partum friendly exercises. Babies under 12 months welcome.	55mins
Les Mills BodyStep An energising step workout including adjustable step height and simple moves will push fat burning systems into high gear.	55mins		

BIKE LAB PROGRAMS

Cycle An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.	45mins	Les Mills The Trip 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.	45min
Les Mills RPM Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.	45mins		
Les Mills Sprint 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	Please note The Trip contains effects that may affect people suffering from photo-sensitivity and motion sickness.	

AQUATIC PROGRAMS

Aqua Fitness A fun, energetic cardio workout in the indoor 25 metre pool. **	45mins	Aqua HIIT 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
Aqua Pilates Combining pilates techniques with aqua exercise. Improve your core strength, posture and joint mobility in the hydrotherapy pool.	45mins	Hot Aqua Conducted in the warm Wellness Pool, combining slower paced aqua exercise with the benefits of warm water exercise to improve mobility and movement.	55mins
Swim Fit 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

Beginners Yoga This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment. **	55mins	Qigong 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.	55mins
Boxing 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	Restore Yoga 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.	55mins
Core Targeting your mid-section with functional strength exercises, muscle toning and stability work.	45mins	Tai Chi 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.	55mins
Evolve Yoga Focuses on yoga techniques designed to navigate hormonal imbalances associated with perimenopause, menopause and post-menopause.	55mins	Tummy, Hips and Thighs 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
Flow Yoga A slower-paced yoga class aimed at stretching and strengthening the body 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.	55mins	Vinyasa Yoga 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.	55mins
Les Mills BodyBalance A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **	55mins	Yin Yoga 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.	55mins
Mat Pilates Pilates exercises using small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance. **	55mins	Yoga Nidra Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.	55mins
Meditation 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	Zumba 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
Mobilise Mobilise is designed to improve your range of motion, flexibility, and mobility while also targeting strength, balance, and stability. Mobilise can help reduce stiffness and discomfort to help you move and feel better.	30mins		

TRAINING ZONE PROGRAMS

Functional Strength An introduction to strength training; learn the basic training principles, benefits and major movements of strength training. Each class will work your full body and help you become comfortable with using a barbell. Under the guidance of your trainer, you will learn many functional movements that will allow you to move better every day.	45 mins	HIIT High Intensity Interval Training – 45 minutes of interval based training, work as hard as you can and then recover. HIIT is scientifically proven to get results fast. Your HIIT trainer will coach you through your efforts keeping you working hard and training smart.	45 mins
		Bootcamp Using the wide-open spaces of the stadium and new equipment you will get an old school workout designed to push you to your limit.	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.

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

