

GESAC HEALTH CLUB GROUP FITNESS TIMETABLE

Commencing Monday 17 June 2024

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 | Virtual RPM |
| 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 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 | 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 |
| 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 Monday 17 June 2024

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

| | | | |
|--|---------------|--|---------------|
| 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 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 | 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 | Core Targeting your mid-section with functional strength exercises, muscle toning and stability work. | 45mins |

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. | 45mins |
| 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 | | |

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. ** | 50mins | 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. | 45mins |
| 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 | Restorative 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. | 50mins/75mins |
| Hatha Yoga 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 | 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. | 45mins |
| Flow Yoga 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 | 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. | 45mins |
| Les Mills BodyBalance A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. ** | 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. | 50mins/55mins |
| Mat Pilates 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 | 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. | 50mins/55mins |
| Meditation 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 | Yoga Nidra Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation. | 30mins |
| Heated Mobilise 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 | Heated Mat Pilates 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

| | | | |
|--|---------|--|---------|
| Functional Strength 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 | HIIT 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 |
| 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. | 55 mins | Bootcamp 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.