

# Group Fitness Timetable

## Group Fitness Class Descriptions

### Choosing a class that is right for you:

We have structured a time table which is designed to cater for everyone. You will need to collect a ticket from Reception, for entry to the class.

Choose the right class for you! From low-high intensity, everyone can join the right workout at Endeavour Hills Leisure Centre.

**High Intensity**  
**Moderate Intensity**  
**Low Intensity**

### Land based classes

**BODY ATTACK:** A high energy program, that is simple and athletic. Combining organised action, hi/low moves, plyometric and strength training. 45min and 55 min formats.

**BODY BALANCE:** A fabulous and dynamic blend of tai chi, yoga and pilates, designed to improve strength, core stability and flexibility, and to calm the mind.

**BODY PUMP:** Still the fastest way in the universe to get into shape and the world's biggest exercise participation program. Technique class held once a month, check with website for more details.

**BODY STEP:** Combining lower body strength and fitness training, using an adjustable height step, set to fantastic music that adds up to fun and results – a great reason to exercise!

**BOXING CIRCUIT:** A boxing inspired workout with a mixture of circuit sports and boxing activities. A great class for strength and conditioning.

**CARDIO 30:** If you want to sweat and burn maximum calories, then this is the class for you. You will improve your cardiovascular fitness and endurance. Be ready to break a sweat!

**CORE & MORE:** A series of exercises that will target your superficial and deeper muscles that make up your abdomen, hips, back and glutes.

**LITE PACE:** This is a great low impact workout. Great for strengthening the muscles and improving your cardiovascular fitness. Suitable for any fitness level, especially those wanting a light paced workout, or new to group exercise.

**PILATES:** A great way to get you strong and sculpted by using your own body weight to gain flexibility. This will help you with your posture and give you a elevated sense of wellbeing.

**PRYME MOVERS:** Land based gentle exercise, designed to maintain fitness, improve muscle and bone strength and enhance flexibility, conducted in a fun and safe environment. All welcome.

**RPM:** The indoor cycling workout where your ride to the rhythm of powerful music to a calorie-burning, endorphin high.

**STRENGTH 30:** Strength training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles.

**YOGA:** Yoga is a system of physical postures which will stretch and strengthen the body, whilst instilling a profound sense of relaxation.

**ZUMBA:** Zumba classes are a one-of-a-kind fitness program that will blow you away. The goal is simple: to workout, to love working out, to get hooked and have fun by dancing to Latin inspired music.

### High Performance Training

**ADRENALINE:** High intensity functional training focused on delivering improved physical performance fast! These 45 minute sessions will test your limits whilst perfecting your form. Suitable for people of average to high fitness levels.

**GRIT:** 30 minute class held in the Group Fitness room. A maximum of 12 participants so we can give you the personal training experience. The training focuses on functional strength and conditioning for fast results.

**RESISTANCE BAND:** Is a great addition to any strength and fitness and/or rehabilitation program.

**INTRO FUNCT:** This brand new class allows participants to get a taste of functional training under close instruction of a qualified coach. The coach will take you through the basic functional movements to ensure you are comfortable and capable of the movements.

**COTA (Council on the Ageing Victoria):** It's a "Living Longer Living Stronger" program designed for Seniors over 50 and is a progressive strength program for older people.

**HIIT:** A 30 min format of high interval intensity training working all muscle groups, great for muscular development and burning calories.

**TABATA CIRCUIT:** High intensity intervals of 20 sec followed by 10 sec rest held in the gymnastics hall by a Tabata coach. Great to reduce body fat, working in your own pace while being in a group setting.

### Centre Hours of Operation

Monday to Friday	6.00am - 10.00pm
Saturday	8.00am - 6.00pm
Sunday	8.00am - 4.00pm
Christmas Day & Good Friday	Closed
Public Holidays	As Advertised



**Endeavour Hills Leisure Centre**  
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# Timetables

## GROUP FITNESS STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
9:15am	Body Step Express	Body Attack		Body Pump Express	Body Attack		
9:30am			Zumba			Body Step Express	
9:45am	Strength 30			Cardio 30			
10:15am						Core & More	
10:30am	Body Pump	Body Balance	Body Balance	PrYme Movers	Body Balance 45mins		Pilates
10:45am						Zumba	
11:30am	Lite Pace						
5:30pm	Zumba	Body Attack	Body Step	Zumba	Body Pump		
6:30pm	Body Step	Body Pump	Body Attack	Body Pump 45 mins	Body Balance		
7:30pm	Core & More						
7:45pm		Pilates	Yoga				

## RPM STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
6.15am	RPM				RPM		
9.30am	9.15am RPM Express		RPM		RPM	RPM 60min	RPM
5.00pm				RPM			
5.30pm		RPM					
6.30pm	RPM 60min		RPM	RPM	RPM		
7.30pm	RPM		RPM				

## SMALL GROUP TRAINING

	MON	TUES	WED	THUR	FRI	SAT	SUN
6.15am	Adrenaline	Tabata Circuit	HIIT		6.30am Adrenaline		
8.15am						GRIT Strength	
8.30am				HIIT		Adrenaline	Adrenaline
8.45am						GRIT Cardio	
9.15am		Adrenaline		Resistance Band			
9.30am							GRIT
1.00pm		COTA					
6.15pm		Adrenaline					
6.30pm	Intro to Functional Training						
7.00pm			Adrenaline				

All classes are subject to change based on demand and instructor availability.

### Group Fitness Etiquette:

- Group Fitness participants must collect a ticket from the customer service desk and hand it to the class instructor at the commencement of class.
- Please bring a drink bottle and small towel.
- Please arrive on time and avoid leaving before the class has finished.

- Please advise the instructor before the class starts if you are INJURED, PREGNANT or if it is your first time.
- GRIT is held in the Group Fitness Room
- Remember to wear comfortable sports shoes and clothing.
- Direct any questions or concerns to the class instructor after class.
- Youth Gym members (aged 13-16years) can attend all Group Fitness classes without parents supervision. For safety reasons, Youth Gym members need to meet height requirements to attend RPM classes.