

Sign up for membership online
at aquadome.ymca.org.au

CLASS	DESCRIPTION	DURATION	INTENSITY	BURN RATE	EQUIPMENT	RESULT
IMPACT	Functional HIIT workout; small group training for ultimate results	45 Minutes	High	Average of 590 calories	Various – including kettlebells, weights, battling ropes, slam balls	Increased strength and endurance, tones and shapes
LES MILLS BODYBALANCE	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered	55 Minutes	Low	Up to 390 calories	Yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
LES MILLS BODYCOMBAT	Martial arts-inspired cardio for strength and endurance	55 Minutes	High	Up to 740 calories	Nil	Tones and shapes, increases strength and endurance, builds self-confidence
LES MILLS BODYPUMP	Weight-based resistance training for a total body workout	55 Minutes	Moderate to High	Up to 560 calories	Barbell, plates and steps	Increased strength and endurance, tones and shapes
LES MILLS BODYSTEP	An invigorating combo of uplifting highs; steps, lunges and squats to really work your legs	55 Minutes	Moderate to High	Up to 620 calories	Steps	Burn calories, tone and shape your butt and legs, improve coordination and agility
Cardio Boxing	A combination of boxing for fitness and bodyweight exercises to challenge you	55 Minutes	Moderate to High	Up to 620 calories	Boxing gloves, steps, weight plates	Burn calories, tone upper body and sharpen your reflexes
LES MILLS CXWORX	Core strength training scientifically based express workout	30 Minutes	Moderate	Up to 230 calories	Resistance tubes and weight plates	Tones core muscles, functional strength (balance, mobility and injury prevention)
Fat Burner	A fun freestyle cardio workout using to increase heartrate and burn calories	55 Minutes	Moderate	Up to 620 calories	Various	Cardio fitness, muscular endurance, shapes and tones
Pryme Movers	A gentle exercise class for the over 50's; low impact fun and fitness	55 Minutes	Low to Moderate	Up to 400 calories	Steps and resistance tubes	Increased strength and coordination, meet new friends
LES MILLS RPM	Cycling cardio, high intensity interval training – increase your pulse and results	45 Minutes	Moderate to High	Average of 580 calories	Indoor stationary bikes	Improves heart and lung fitness, increases strength and endurance
Yoga Fusion	A fusion of yoga and pilates	55 Minutes	Low	Up to 390 calories	Yoga mat	Improves joint flexibility, strengthens core
ZUMBA	Fuses fast and slow latin rhythms to create a interval training session	45 Minutes	Moderate to High	Up to 650 calories	Nil	Tone and sculpt your body while burning calories
Aqua Fit	Water resistance training; low-impact aerobic exercise	45 Minutes	Low to Moderate	Up to 410 calories	Aqua dumbbells, pool noodles	Improved strength, flexibility and muscle endurance
STRENGTH for life 50+	Supervised strength training program designed for those 50Y+	45 Minutes	Low	Up to 280 calories	Resistance equipment	Increased strength and coordination, meet new friends

PARTICIPATION REQUIREMENTS

- Please obtain a ticket for all classes from Customer Service prior to class commencement.
- Bring a towel and drink bottle to all classes.

ACTIVE ADULTS 60Y+

Active Adults members have access to Aqua Fit, Body Balance, Pryme Movers, Yoga Fusion and Strength for Life

ACTIVE YOUTH 13Y – 15Y

Active Youth members have access to all classes except BodyPump and Impact 45.

OPENING HOURS

Monday to Thursday : 5.30am - 9pm
Friday : 5.30am - 8pm
Saturday : 7am - 6pm
Sunday : 9am - 5pm
Public holidays : 7am - 6pm

GROUP FITNESS TIMETABLE

Starting 24 September 2018



P: 08 8287 8800

E: aquadome@ymca.org.au

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1 Crockerton Road, Elizabeth, SA 5112
















AQUADOME

AT Playford

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am				IMPACT 		
8.30am						IMPACT 
9.30am	LES MILLS BODYSTEP 	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP	LES MILLS BODYPUMP	 Fat Burner	LES MILLS BODYSTEP
10.15am	LES MILLS BODYPUMP 					
10.30am		LES MILLS CXWORX 		LES MILLS BODYBALANCE		 Yoga Fusion
11.30am	 Pryme Movers	 STRENGTH for life 50+	 Pryme Movers	 STRENGTH for life 50+	 Pryme Movers	
5.30pm	LES MILLS CXWORX 					
6.00pm	LES MILLS BODYCOMBAT	 Fat Burner	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	
7.00pm	LES MILLS BODYPUMP 	LES MILLS BODYBALANCE		LES MILLS BODYBALANCE		

AQUA FIT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am	 Aqua Fit		 Aqua Fit			
8.45am	 Aqua Fit		 Aqua Fit		 Aqua Fit	
9.15am		Deep Aqua Express 		Deep Aqua Express 		
9.30am						 Aqua Fit
1.15pm	 Aqua Fit		 Aqua Fit		 Aqua Fit	
6.30pm	 Aqua Fit	 Aqua Fit		 Aqua Fit		
7.15pm			Deep Aqua 			

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
6.00am			LES MILLS RPM		
9.30am		LES MILLS RPM			LES MILLS RPM
6.00pm			LES MILLS RPM	LES MILLS RPM	
6.15pm	LES MILLS RPM				

AQUADOME

AT *Hayford*

