













Book your class online at  
[thevalleys.com.au](http://thevalleys.com.au)

# GROUP FITNESS TIMETABLE

2 November 2018

CLASS	DESCRIPTION	DURATION	INTENSITY	LOCATION	EQUIPMENT	RESULT
 <b>Aqua Fit</b>	Water resistance training; low-impact aerobic exercise	60 Minutes	Low to Moderate	Indoor Pool	Dumbbells, noodles, kickboards, etc	Improves strength, flexibility and muscle endurance
 <b>Water Walking</b>	DIY - Water resistance walking; low impact therapy & exercise	60 Minutes	Low	Indoor Pool	N/A	Improves cardio fitness, balance and range of motion
 <b>Splish Splash</b>	Playgroup catering to 6mth – preschool age children in a fun non-structured session	45 Minutes	For Fun	Indoor Pool	Various	Child water familiarization and confidence
 <b>Boxing</b>	Structured body fitness class for everyone incorporating boxing, kickboxing and functional fitness training	60 Minutes	Moderate to High	Group Fitness Studio	Training Gloves	Weight loss, muscle toning and cardio fitness
 <b>Bootcamp</b>	A circuit based class aimed to increase your heart rate and get you moving with a variety of functional exercises	60 Minutes	Moderate to High	Group Fitness Studio	Various	Cardio fitness, muscular endurance, shapes and tones
 <b>Revolution</b>	Cycle your way up and down inclines, through speed tracks and feel the burn the entire way	60 Minutes	Moderate to High	Group Fitness Studio	Stationary Bikes	Improves heart and lung fitness, increases strength and endurance
 <b>Rip</b>	Weight-based resistance training for a total body workout	60 Minutes	Moderate to High	Group Fitness Studio	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 <b>MetaFit</b>	A fast and effective high intensity workout using body weight exercises	30 Minutes	Moderate to High	Group Fitness Studio	N/A	Cardio fitness, muscular endurance, shapes and tones
 <b>Power 30</b>	Targeting different muscle groups each and every class, watch your strength improve over time	30 Minutes	Moderate to High	Group Fitness Studio	Barbell, dumbbells, step	Improve full body muscle strength and tone
 <b>FitTeens</b>	Functional style training in a group environment with a focus on cardio and technique	45 Minutes	Moderate to High	Group Fitness Studio	Various	Cardio fitness, shapes and tones
 <b>STRENGTH for Life 50+</b>	Supervised strength training program with individual programs designed for those 50Y+	60 Minutes	Low	Gym	Various	Increased strength and coordination, meet new friends
 <b>IMPACT</b>	Functional hiit workout; small group training for ultimate results	45 Minutes	High	Group Fitness Studio	Various – including kettlebells, weights, and battling ropes	Increased strength and endurance, tones and shapes

## 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 Strength for Life, Aqua Fit and Yoga.

## ACTIVE YOUTH 13Y – 15Y

Active Youth members have access to all group fitness except Rip.

## WINTER OPENING HOURS

Monday to Thursday : 6am - 9pm  
 Friday : 6am - 7pm  
 Weekends & Holidays : 9am - 1pm

## SUMMER FACILITY HOURS

Monday to Thursday : 6am - 9pm  
 Friday : 6am - 7pm  
 Saturday : 9am - 6pm  
 Sunday & Holidays : 1pm - 6pm

Summer Season is November to March



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f /TheValleysLifestyleCentre

[www.thevalleys.com.au](http://www.thevalleys.com.au)



# INDOOR POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6.00am	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	
7.00am					Aqua Fit	
8.00am	Water Walking		Water Walking		Water Walking	
9.30am						
10.00am			Water Walking			
11.00am			Splish Splash	Water Walking		
11.30am						
1.00pm	Water Walking					
1.30pm						Water Walking
2.00pm	Aqua Fit		Water Walking			
2.30pm				Aqua Fit		
3.00pm		Water Walking				
5.00pm		Water Walking				
6.00pm		Aqua Fit	Aqua Fit			
7.00pm		Water Walking				

# GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am		Power 30				
9.30am	Boxing	Revolution	MetaFit	Rip	IMPACT	Bootcamp
10.00am	Power 30		Power 30			
11.00am	STRENGTH for life 50+	STRENGTH for life 50+			STRENGTH for life 50+	
4.00pm			FitTeens			
5.30pm	Boxing					
6.00pm	IMPACT	Rip	Revolution	Boxing		
7.00pm						

