

## GROUP FITNESS CLASSES

**BODY ATTACK Les Mills:** An inspirational, high intensity aerobic training session for all fitness levels, with simple athletic moves. To help you improve cardiovascular fitness, general endurance and overall body strength.

**BODY BALANCE Les Mills:** This class is based on moves derived from Yoga, Tai-chi & Pilates with emphasis on improving body alignment, balance, flexibility & core strength, whilst maintaining inner peace. It is suitable for all ages & can be modified to suit pregnant or injured participants.

**BODY PUMP Les Mills:** The world's fastest way to get in shape. Suitable for all fitness levels, PUMP, is a non-impact resistance training class designed to give you a complete workout using adjustable weights.

**CXWORX Les Mills:** Is a 30 minute revolutionary core training workout that will tighten your abs and butt while improving functional strength and assisting injury prevention. CXWORX is short, sharp and dynamic that will inspire you to the next level of fitness.

**SPRINT Les Mills:** A Les Mills high intensity interval cycle training class. Great for shaping and toning your lower body while improving your general fitness in just 30 minutes.

**GRIT SERIES Les Mills:** Cardio, Plyo and Strength. 30 minute high intensity interval training designed for people with a high level of fitness wanting to add an extra challenge to their workouts. Features explosive high impact movements designed to burn fat & improve athletic capability. Waiver forms must be approved before attempting GRIT Series classes.

**ZUMBA STEP** Zumba Step will tone and strengthen your legs and glutes with it's gravity-defying blend of Zumba dance routines and step aerobics. A high energy dance party on the step!

**METAFIT** Metafit is a 30 minute HIIT workout and is designed to boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible.

**BUTTS N GUTS Freestyle by Mandy:** Mandy's original 45 minute class that concentrates on toning and sculpting your legs, abs and backside. The moves are simple, low impact and suitable for all fitness levels.

**FAB 50's Freestyle:** This class is designed for seniors, beginners or those re-habilitating after injury. The class varies each session and may include resistance, stretching, balance and mobility work. This is a low intensity class.

**PILATES Freestyle:** Come to this class to experience positive body awareness. Pilates teaches balance and control of the body and has many benefits including flexibility, co-ordination and strength, particularly of the core.

**PILATES REFORMER Freestyle:** A specialist Pilates class using Reformer Beds with spring-loaded pulleys and straps. The added resistance enables participants to increase their strength and flexibility. Suitable for all fitness levels.

**PUNCH Freestyle:** Get fit and see results fast with upper body combinations, cardio and strength bursts to create tone and definition. Boxing gloves and pads provided but participants advised to bring own inserts.

**SMART CYCLE Freestyle:** A 45min indoor cycle training program designed to incorporate fitness strength, endurance and interval training. Benefits both mentally and physically and is suited from novice participant to an elite athlete.

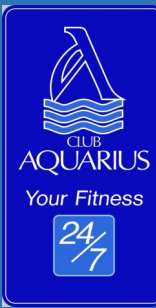
**STEP N SCULPT Freestyle:** This class combines athletic, easy to follow step choreography with strength and toning exercises to target your whole body. Suitable for all fitness levels.

**STEP MOVES Freestyle:** This class picks up where basic leaves off. Step patterns and routines are expanded upon to add variety and intensity. Beginners are still catered for with basic options. This is a great fat burning class with emphasis on lower body conditioning.

**BASIC STEP Freestyle:** A 45-minute introductory class designed to teach you the basic moves used in our other step classes. Adjustable platform heights mean this class is very suitable for all levels but definitely aimed at beginners.

**SUMBA Freestyle:** Our very own dance instructor Ebony brings to you a Latin inspired dance fitness choreography class. This class will get you moving, dancing and having lots of fun. Suitable for beginners and all fitness levels.

**KIDS FITNESS CLUB:** This class is a chance to get kids aged from 6-12 years up and moving. Each class is structured to include warm up, group exercise, group games, cool down and stretches. With an emphasis on "FUN, ENERGY, HEALTH and HAPPINESS" this allows the children to interact in a social, yet active and controlled environment. bookings essential at reception. Classes are not conducted during school holidays.



# GROUP FITNESS TIMETABLE

735-737  
Fifteenth  
Street,  
Mildura

Casual Visits \$15 · Casual Student \$12 · Fab 50's \$7



TWO GREAT  
24 HOUR LOCATIONS!

735 - 737 Fifteenth St &  
47 - 49 Seventh St  
Mildura, 3500

Ph: 03 5023 2280 | info@clubaquarius.com.au

**\* Please note, classes subject to change without notice.**

**Effective 4th September 2017**

**PH 50232280 · info@clubaquarius.com.au**

**Visit our website @ [www.clubaquarius247.com.au](http://www.clubaquarius247.com.au)**

**For your safety and wellbeing please ensure you arrive 5 minutes  
before class starts as late arrivals will not be  
permitted in.**

**Also remember to bring a towel and a water bottle.**

## Group Fitness Room - Studio One

\*BOOKINGS ESSENTIAL\* CLASSES INCLUDED IN 15TH STREET MEMBERSHIPS

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6:10am	<b>*GRIT CARDIO</b> Chelsea 6am	<b>Body Pump</b> Sophie 45min	<b>Body Attack</b> Chelsea 45min	<b>*GRIT STRENGTH</b> Chelsea 6am	<b>META FIT</b> Chelsea		
6:30am	<b>CXWORX</b> Chelsea			<b>CXWORX</b> Chelsea			
8:00am						<b>META FIT</b> Paul	
9:30am	<b>Step Moves</b> Mandy	<b>Step n Sculpt</b> Mandy	<b>Body Pump</b> Sophie	<b>Body Attack</b> Paul 45min	<b>Butts n Guts</b> Mandy	<b>Body Pump</b> Mandy	
10:30am				<b>Oldies SUMBA</b> Ebony	<b>Basic Step</b> Caterina	<b>Zumba Step</b> Linda	<b>Body Balance</b> Narella/Ebony
2:00pm		<b>Fab 50's</b> Paul					
4:30pm	<b>Butts n Guts</b> Marnie		<b>*Kids Fit</b> Paul 4pm				
5:30pm	<b>Body Pump</b> Sophie	<b>Step Moves</b> Mandy	<b>Body Pump</b> Mandy	<b>Zumba Step</b> Linda	<b>Body Pump</b> Trudi		
6:30pm	<b>META FIT</b> Caterina	<b>Body Attack</b> Paul	<b>Butts n Guts</b> Mandy	<b>PUNCH*</b> Caterina 45min			
7:30pm	<b>Pilates</b> Jenni		<b>Body Balance</b> Narella				

### META FIT HAS ARRIVED TO CLUB AQUARIUS!!

Metafit is a 30 minute HIIT workout and is designed to boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible.

## Bike Studio - Studio Two

\*BOOKINGS ESSENTIAL\* CLASSES INCLUDED IN 15TH STREET MEMBERSHIPS

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6:10am		<b>SPRINT</b> Paul			<b>SMARTCYCLE</b> Ehlana		
9:00am						<b>SPRINT</b> Paul	
9:30am							
5:45pm		<b>SMARTCYCLE</b> Marnie		<b>SPRINT</b> Paul			

### Pilates Reformer- 7th Street Reformer Studio

Members \$10 · Casual Visit \$20 · LIMITED SPOTS AVAILABLE, \*BOOKINGS ESSENTIAL\*

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
	<b>Reformer</b> 5:30pm Narella			<b>Reformer</b> 5:45pm Jenni			
6:00pm		<b>Reformer</b> Jenni					

### Barre Attack/Yoga - 7th Street Barre & Yoga Studio

Members \$10 · Casual Visit \$20 · LIMITED SPOTS AVAILABLE, \*BOOKINGS ESSENTIAL\*

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6:10am			 <b>Narella</b>				
8:15am						 <b>Mandy</b>	
9:30am	<b>YOGA</b> Caterina			 10am <b>Mandy</b>		<b>YOGA</b> Caterina	
11:00am		 <b>Mandy</b>	<b>YOGA</b> 12:15pm Caterina				
5:30pm	 <b>Mandy</b>			<b>YOGA</b> 4:30pm Narella	<b>YOGA</b> Narella		
6:00pm		 <b>Narella</b>					
7:00pm		<b>YOGA</b> Caterina					