



GROUP FITNESS

CHRISTMAS TIMETABLE



Group Fitness Room - Studio One & Two - WEEK 1

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
DATE:	11th Dec	12th Dec	13th Dec	14th Dec	15th Dec	16th Dec	17th Dec
6.10am	*GRIT CARDIO 6:00am CX Worx 6:30am Chelsea	*SPRINT Paul	Body Attack 45 min Chelsea		*SPRINT Tracey		
9.30am	Step Moves Mandy	Step n Sculpt Mandy	Body Pump Sophie	Body Attack Paul	Butts n Guts Mandy	Body Pump Mandy	
10.30am		Fab 50's 2.00pm Paul					Body Balance Nells/Ebony
4.30pm	Butts n Guts Marnie						
5.30pm	Body Pump Sophie	Step Moves Mandy	Body Pump LAUNCH	Zumba Step Linda	Body Pump Trudi		
5.45pm		*SMARTCYCLE Marnie		*SPRINT LAUNCH			
6.30pm	Pilates Jenni	Body Attack Paul	Butts n Guts Mandy				
7.30pm			Body Balance Narella				
STAFFED HOURS:	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-8pm	8am-1pm	9am-1pm
Barre Attack/Yoga/Reformer - 7th Street Barre, Reformer & Yoga Studio							
Members \$10 · Casual Visit \$20 · *BOOKINGS ESSENTIAL*							
8.15am			B 6.10am Narella			B Mandy	
10.00am	Reformer 9.30am Narella			B Mandy			
5.30pm	B Mandy		5.45pm	Reformer Jenni	YOGA Tracey		
6.00pm	Reformer 5.30pm Narella	Reformer Jenni	Reformer Narella	Book on our web page or Facebook page: page: clubaquariusBarreAttackandYoga			
7.00pm							

Group Fitness Room - Studio One & Two - WEEK 2							
BOOKINGS ESSENTIAL CLASSES INCLUDED IN 15TH STREET MEMBERSHIPS							
TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
DATE:	18th Dec	19th Dec	20th Dec	21st Dec	22nd Dec	23rd Dec	24th Dec
6.10am	Metafit Tracey	*SPRINT Paul			*GRIT Strength Chelsea		*SPRINT Paul 9.00am
9.30am	Step Moves Mandy	Step n Sculpt Mandy	Body Pump Sophie	Body Attack Paul	Butts n Guts Mandy	Body Pump Mandy	Body Balance Nells/Ebony
5.30pm	Body Pump Sophie	Xmas Combo Mandy/Paul/Marnie	Body Pump Mandy	Zumba Step Linda	Body Pump Trudi		
5.45pm				*SPRINT Paul			
6.30pm			Body Balance Nells				
STAFFED HOURS:	6am-9pm	6am-9pm	6am-9pm	6am-8pm	6am-7pm	8am-1pm	9am-2pm
Barre Attack/Yoga/Reformer - 7th Street Barre, Reformer & Yoga Studio							
8.15am							B A Mandy
10.00am					B A Mandy		
5.30pm	B Mandy			Reformer Jenni 5.45pm	YOGA Tracey		
6.00pm	5.30pm Reformer Narella	Reformer Jenni		Book on our web page or Facebook page: www.facebook.comclubaquariusBarreAttackandYoga			
7.00pm							

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Visit our website @ www.clubaquarius247.com.au

'Like' us on Facebook : [clubaquariusgym247](https://www.facebook.comclubaquariusgym247)

clubaquariusBarreAttackandYoga

Group Fitness Room - Studio One & Two - WEEK 3

BOOKINGS ESSENTIAL CLASSES INCLUDED IN 15TH STREET MEMBERSHIPS

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
DATE:	25th Dec	26th Dec	27th Dec	28th Dec	29th Dec	30th Dec	31st Dec
9.30am	CHRISTMAS DAY 24 hour member access only	BOXING DAY	Body Pump Sophie	Body Attack Paul	Zumba Step Linda	Body Pump Tracey	
10.30am						Body Balance Narella	
5.30pm			Body Pump Trudi	*Punch Tracey	Body Pump Trudi		
6.30pm			Metafit Ehlana				
STAFFED HOURS:	10am-2pm	8am-8pm	8am-8pm	8am-7pm	9am-12pm	9am-12pm	

Barre Attack/Yoga/Reformer - 7th Street Barre, Reformer & Yoga Studio

Members \$10 · Casual Visit \$20 · *BOOKINGS ESSENTIAL*

8.15am	CHRISTMAS DAY 24 hour member access only	BOXING DAY				 Sam	
10.00am				 Sam			
5.30pm				Reformer Jenni 5.45pm	YOGA Tracey		

Book on our web page or Facebook page:

www.facebook.comclubaquariusBarreAttackandYoga

Casual visits \$15

Student Concession \$12

For your safety and wellbeing please ensure you arrive at least 5 minutes before class starts as late arrivals will not be permitted in.
Also remember to bring a towel and a water bottle.

Please note, under 18 members and casual visits are only available during staffed hours.

Group Fitness Room - Studio One & Two - WEEK 4

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
DATE:	1st Jan	2nd Jan	3rd Jan	4th Jan	5th Jan	6th Jan	7th Jan
6.10am	NEW YEARS DAY 24 hour member access only		Metafit Ehlana		*SPRINT Tracey	*GRIT PLYO Paul 8.00am	
9.30am		Step n Sculpt Mandy	Body Pump Sophie	Body Attack Paul	Mandy	Tracey	
10.30am							Body Balance Narella
5.30pm		Step Moves Mandy	Body Pump Mandy	Zumba Step Linda	Body Pump Trudi		
5.45pm		Metafit 6.30pm Paul		*SPRINT Paul			
STAFFED HOURS:	6am-9pm	6am-9pm	6am-9pm	6am-8pm	8am-1pm	9am-1pm	

Barre Attack/Yoga/Reformer - 7th Street Barre, Reformer & Yoga Studio

8.15am			 Narella			 Narella	
9.30am				 Mandy			
5.30pm				Reformer 5.45pm Jenni	YOGA Tracey		
6.00pm		 Narella	Book on our web page or Facebook page: www.facebook.comclubaquariusBarreAttackandYoga				

Group Fitness Room - Studio One & Two - WEEK 5

BOOKINGS ESSENTIAL CLASSES INCLUDED IN 15TH STREET MEMBERSHIPS

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
DATE:	8th Jan	9th Jan					
9.30am	Step Moves Mandy	Step n Sculpt Mandy					
5.30pm	Body Pump Sophie	Body Attack LAUNCH					
STAFFED HOURS:	6am-9pm	6am-9pm					

New 2018 Timetable

Will be out soon

PLEASE VISIT OUR WEBSITE;

www.clubaquarius247.com.au

FOR ALL CLASSES AND DESCRIPTIONS

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.

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.