

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.

HIITZONE: HIIT (High Intensity Interval Training) Zone will use the Metafit/MetaPWR training fundamentals: functional full bodyweight movement and kit-based circuit training to boost metabolism, create/keep lean muscle and increase fitness. Shake up your weekly training program with HIITZONE, you wont know what HIIT's you!

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.

METAPWR. MetaPWR is a new metabolic workout using functional kit and exercises mixed with programmed timings and variations. Using equipment such as battle ropes, power bags, kettlebells, slam balls, sleds and plyo boxes in a fast-moving power circuit. Improve strength, burn calories, and gain more POWER.

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.

PWR PUNCH Freestyle: PWR PUNCH will become your go to class for that perfect balance of Boxing, Cardio and Strength. 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.



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 Monday 14th May 2018

PH 50232280 · info@clubaquarius.com.au

Visit our website @ 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	PWR PUNCH EXPRESS* Brayden		6:00am METAFIT Ehlana	Body Pump Express Sophie	6:00am METAFIT Tracey		
6:30am		METAPWR* Brayden					
8:00am						METAPWR* Paul	
9:30am	Step Moves Mandy	Step n Sculpt Mandy	Body Pump Sophie	Body Attack Paul 45min	Butts n Guts Tahlia	PWR PUNCH* Tracey 60 min	
10:30am				Oldies SUMBA Ebony			Body Balance Narella/Ebony
2:00pm		Fab 50's Paul					
4:30pm	Butts n Guts Mandy		*Kids Fit Paul 4pm		Watch this space		
5:30pm	Body Pump Sophie	Step Moves Mandy	Body Pump Mandy	PWR PUNCH* Brayden 60min	Body Pump Trudi		
6:30pm	METAFIT Ehlana	Body Attack Paul	Butts n Guts Mandy	Zumba Step Linda			
7:30pm	Pilates Jenni 7:00pm		Body Balance Narella				

Bike Studio - Studio Two

BOOKINGS ESSENTIAL CLASSES INCLUDED IN 15TH STREET MEMBERSHIPS

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00am		SPRINT Paul			SPRINT Tracey 6:30am		
9:00am						Watch this space	
5:45pm				SPRINT Paul			

CLUB AQUARIUS 11th Street WELLNESS CENTRE


Pilates Reformer– 11th Street Reformer Studio

Members \$12.50 · Casual Visit \$22.50 · LIMITED SPOTS AVAILABLE, *BOOKINGS ESSENTIAL*

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
9:30am	Reformer Narella						
5:30pm	Reformer Narella	Reformer Jenni		Reformer Jenni 5:45pm			
6:00pm			Reformer Narella				

Barre Attack/Yoga - 11th Street Barre & Yoga Studio

Members \$12.50 · Casual Visit \$22.50 · LIMITED SPOTS AVAILABLE, *BOOKINGS ESSENTIAL*

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6:10am			 Narella				
8:15am						 POP UP CLASS	
9:30am				 10am Mandy		YOGA Narella/ Ebony	
11:00am		 Mandy	YOGA Narella 12:15pm				
5:30pm	 Mandy				YOGA Narella		
6:15pm		 Narella					
7:00pm		YOGA Megan					