

## 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.

**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.

**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.

**CLUB KRUNCH Freestyle:** A short, sharp workout that utilises resistance bands and free weights to strengthen and tone your core and butt, as well as improve functional strength and balance. A challenging but achievable class for all levels of fitness.

**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.

**STRENGTH 101** Designed by our Sports Scientist, STRENGTH 101 is a 45 minute full body resistance training class based on strength and conditioning principals, integrating 'The Big 6' foundational strength movement patterns.

**HRDCORE** Designed by our Sports Scientist, HRDCORE is a 30 minute functional core workout to activate both your anterior and posterior muscle chains. Not only will it improve your core strength, but help strengthen your upper and lower body too.

**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.

**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.

### **Wellness Centre Classes:**

**BARRE ATTACK:** Through using the Ballet Barre and Resistance Bands Barre Attack integrates the fundamentals of Pilates with cardio intervals, core work, functional exercises and dance to create a total body workout.

**PILATES REFORMER** 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.

**YOGA:** This class uses breathing techniques, exercise and meditation. It helps to improve your overall health and happiness, as well as your mental and physical wellbeing.



# 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 &  
144 Eleventh St

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

**Effective 14th January 2019**

**PH 50232280 · [info@clubaquarius.com.au](mailto: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
6:00am	6:10am <b>Strength 101</b> Maddy 45 mins	<b>Butts n Guts Express</b> Tahlia	<b>METAFIT</b> Ehlana	6:10am <b>Body Pump Express</b> Sophie	<b>METAFIT</b> Ehlana		
6:30am		<b>METAPWR*</b> Paul	<b>HRDCORE</b> Maddy				
8:00am							
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> Tahlia	<b>Body Pump</b> Tahlia	
10:30am				<b>Oldies SUMBA</b> Ebony/Linda			<b>Body Balance</b> Narella/Ebony
2:00pm		<b>Fab 50's</b> Paul					
4:30pm	<b>Butts n Guts</b> Mandy		<b>*Kids Fit</b> Paul/Tahlia 4pm				
5:30pm	<b>Body Pump</b> Sophie	<b>Step Moves</b> Mandy	<b>Body Pump</b> Mandy	<b>Club Krunch</b> Marnie	<b>Body Pump</b> Trudi		
6:30pm	<b>METAFIT</b> Ehlana	<b>Body Attack</b> Paul	<b>Butts n Guts</b> Mandy	<b>Zumba Step</b> Linda			
7:00pm	<b>Pilates</b> Jenni						
7:30pm			<b>Body Balance</b> Narella				

**Bike Studio - Studio Two**  
\*BOOKINGS ESSENTIAL\* CLASSES INCLUDED IN 15TH STREET MEMBERSHIPS

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

# CLUB AQUARIUS 11th Street WELLNESS CENTRE

Members \$15.00 · Casual Visit \$25.00 · LIMITED SPOTS AVAILABLE, \*BOOKINGS ESSENTIAL\*

**Pilates Reformer– 11th Street Reformer Studio**

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6:10am		<b>Reformer</b> COMING SOON Steph		<b>Reformer</b> Steph			
9:30am	<b>Reformer</b> Narella	<b>Reformer</b> Steph	<b>Reformer</b> Steph			<b>Reformer</b> POP UP CLASS	
1:30pm					<b>Reformer</b> Narella		
5:30pm	<b>Reformer</b> Steph	<b>Reformer</b> Jenni	<b>Reformer</b> COMING SOON Intro Narella	<b>Reformer</b> Jenni			
	<b>Reformer</b> COMING SOON Steph	<b>Reformer</b> COMING SOON Steph	<b>Reformer</b> 6:00pm Narella	<b>Reformer</b> 6:15pm Jenni			

**Barre Attack - 11th Street Barre Studio**

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6:10am			<b>Narella</b>			<b>POP UP CLASS</b> 8:15am	
		<b>Mandy</b> 11am		<b>Mandy</b> 10:15am			
5:30pm	<b>Mandy</b>	<b>Narella</b>					

**Yoga - 11th Street Yoga Studio**

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
9:30am	<b>JUNGLE BODY</b>					<b>YOGA</b> Charmaine	Sat Yoga will be going to 8:30am as of 2nd Feb
12:15pm	<b>6:10AM</b>		<b>YOGA</b> Narella				
5:30pm		<b>YIN YOGA</b> 45min MEGAN		<b>SLOWFLOW YOGA</b> POP UP CLASS	<b>YOGA</b> Narella		
6:30pm		<b>POWERFLOW YOGA</b> Megan					

**Functional Fit Group PT Sessions - 11th Street Personal Training Studio – 45min**

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
		<b>GROUP PT</b> 6:00am				<b>GROUP PT</b> 7:00am	<b>GROUP PT</b> 8:45am
		<b>GROUP PT</b> 10:00am		<b>GROUP PT</b> 12:00pm			
		<b>GROUP PT</b> 5:30pm	<b>GROUP PT</b> 5:30pm				