

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.

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.

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.

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.

JUNGLE BODY: This unique class has it all! Dance, cardio, boxing, plyo and sculpting workout with weights making it possible for everyone to follow! It combines KONGA and BURN programs that will tone, sculpt and transform your body.



2019 EASTER 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

THURSDAY 18TH—FRIDAY 26TH APRIL

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

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.

CLUB AQUARIUS 15th Street

* INDICATES BOOKINGS ESSENTIAL
CLASSES INCLUDED IN 15TH STREET MEMBERSHIPS

15TH STREET WEEK ONE

TIME	THUR 18/4	FRI 19/4	SAT 20/4	SUN 21/4
9:30am	Body Attack Paul	GOOD FRIDAY—CLOSED 24HR MEMBERS ONLY	Body Pump Tahlia	
10:30am				Body Balance Narella/Ebony
5:30pm	Easter Bootcamp* Paul			
Staffed Hours	6am-9pm		9am-1pm	10am– 1pm

15TH STREET WEEK TWO

TIME	MON 22/4	TUE 23/4	WED 24/4	THUR 25/4	FRI 26/4
6:00am		SPRINT* Carmel	METAFIT Ehlana	ANZAC DAY —CLOSED 24HR MEMBERS ONLY	METAFIT Ehlana
6:00am		METAPWR* Paul			SPRINT* Carmel
6:30am		Butts n Guts Tahlia			
9:30am	Combo Class Mandy/Tahlia	Step n Sculpt Mandy	Body Pump Mandy		Butts n Guts Tahlia
5:30pm		Step Moves Mandy	Body Pump Sophie		Body Pump Trudi
Staffed Hours	9am-12pm	6am-9pm	6am-9pm		6am-8pm






CLUB AQUARIUS 11th Street WELLNESS CENTRE

* BOOKINGS ESSENTIAL * \$15 Members \$25 Non-Members — Limited Spots Available

Pilates Reformer— 11th Street Reformer Studio

TIME	THU 18/4	FRI 19/4	MON 22/4	TUE 23/4	WED 24/4	THU 25/4	FRI 26/4
6:10am	Reformer Steph	GOOD FRIDAY	EASTER MONDAY	Reformer Steph		ANZAC DAY	
9:30am				Reformer Steph	Reformer Steph		
5:30pm	Reformer Jenni			Reformer Jenni	Reformer Intro Narella		Reformer Narella 1:30pm
				Reformer Steph	Reformer Narella		

Barre Attack - 11th Street Barre Studio

TIME	THU 18/4	FRI 19/4	MON 22/4	TUE 23/4	WED 24/4	THU 25/4	FRI 26/4
		GOOD FRIDAY	 8:15am Mandy		 6:10am Narella	ANZAC DAY	
10:15am	 Mandy			 11am Mandy			
				 5:30pm Narella			

Yoga - 11th Street Yoga Studio

TIME	THU 18/4	FRI 19/4	MON 22/4	TUE 23/4	WED 24/4	THU 25/4	FRI 26/4
		G. FRI		YIN INSPIRED YOGA 45min Charmaine 5:30pm	YOGA Narella 12:15am	ANZAC	YOGA Narella 5:30pm

BOOTCAMP PT Sessions - 11th Street Personal Training Studio – 45min

TIME	FRI 19/4	SAT 20/4	SUN 21/4	TUE 23/4	WED 24/4	THU 25/4	FRI 26/4
	G. FRI	BOOTCAMP 7am	BOOTCAMP 8:45am	BOOTCAMP 6am		ANZAC	
				10am 5:30pm	BOOTCAMP 5:30pm		