

TIME	MON	TUE	WED	THU	FRI
5.30am	CARDIO BOX	REV 45	MASTER BLAST	BOOTCAMP	PILATES
9.00am			CARDIO HIIT 30		
9.10am					TODDLER FIT
9.30am	POWER HOUR FIGHT FIT OR STRONG by Zumba	REV 45	STEP 30 1/2	LITE & LO REV 30 1/2	FOUNDATION YOGA
9.40am					ZUMBA 45
10.00am		LITE & LO	SCULPT 30 1/2	ABS 30 1/2	
10.30am	AO50's PILATES	HATHA YOGA	PILATES	ZUMBA 45 STRETCH	AO50's & STRETCH REV 45
11.15am		MUMS & BUBS 45		MUMS & BUBS 45	
11.30am	STRONG & STABLE 45		STRONG & STABLE 45		
4.30pm	ZUMBA 45	LITE & LO PLUS	REV 45	SCULPT	POWER HOUR
5.30pm	AERO 30 1/2	STRETCH BOOTCAMP	PILATES	FIGHT FIT 30	REV 30 1/2
6.00pm	ABT 30 1/2 PILATES	BUTT BLAST 30	ZUMBA 45	HATHA YOGA	ABS 30 1/2 ZUMBA 45
6.30pm	POWER HOUR	FIGHT FIT 45 OR STRONG by Zumba 45	REV 30 1/2	REV 45	
7.00pm	REV 45	BOXING 30	ABS 30 1/2 STEP 30 1/2	GUIDED MEDITATION 30	STRONG by Zumba
7.15pm		VINYASA YOGA			
7.30pm		REV 45	SCULPT 30 1/2 CARDIO BOX		
7.45pm	CIRCUIT 45				

STUDIO 1 | STUDIO 2 | OUTDOORS

TIME	SAT	SUN
7.30am	KICK & BOX	
8.30am	MASTER BLAST	REV 30 1/2
9.00am	ABT 30	ABS 30 1/2
9.30am	HATHA YOGA FIGHT FIT 45	PILATES
4.00pm	REV 45	ZUMBA 45
4.30pm		
5.00pm	HATHA YOGA	
6.00pm	GUIDED MEDITATION 30	

### Attending Classes

All classes are 1 hour unless otherwise stated on the definition page.

"OR" on the timetable refers to alternating classes each week.

Class tickets are available from reception 30 minutes prior to class commencement.

Bring a towel to all classes and ensure you use it on your equipment, mats & to remove sweat from your body. Bring a bottle of water/fluid.

Bring clean feet to all mind/body classes.

Arrive on time to minimise chance of injury and to avoid disrupting the class. Late comers may be refused entry.

The cool down is important. Ensure you complete this to maintain flexibility, reduce soreness and avoid injury.

Advise your instructor of any medical conditions, pregnancy or injuries you have prior to the commencement of each class.



TIMETABLE EFFECTIVE 28 AUGUST 2017



## GROUP EXERCISE CLASSES

P. 8707 6930  
[healthmates.com.au](http://healthmates.com.au)  
[facebook.com/HealthMates](https://facebook.com/HealthMates)  
[instagram.com/healthmatesrwc](https://instagram.com/healthmatesrwc)

# CLASS DESCRIPTIONS

**KEY** - **I** Intensity - **C** Coordination - **NR** Not Required - **Mod** Moderate - **30** 30min class - **45** 45min class - **½** 60min class broken into two 30min sessions, stretch/cooldown in the last 30min session

## STRENGTH & TONING

### Abs (30mins)

Challenge your core with this 30 min class that aims to target and strengthen your abdominals.  
I = Low - Mod | C = NR

### Abs, Butt & Thighs – ABT (30 mins)

Challenge your ab, butt and thighs to an efficient workout. This focused session will have you noticing the difference in no time.  
I = Low - Mod | C = NR

### Butt Blast (30 mins)

Challenge your butt to a 30min workout! This class will tone everything below the belt. Blast your butt and legs into shape.  
I = Low-Mod | C = NR

### Power Hour (60 mins)

Feel firmer faster! The ultimate class to tone and shape your whole body using barbells. Start out light and work your way up to heavier weights as you feel your body transform and get stronger.  
I = Low - High | C = NR

### Sculpt (60 mins)

Target your full body with this muscle toning class including dumbbells, resistance bands and body weight exercises. It's easy to follow and guaranteed to hit your abs, glutes, thighs and more. Get ready to feel those muscles you forgot existed!  
I = Low - Mod | C = NR

## INTERVAL SERIES

### Cardio HIIT (30 mins)

Looking for calorie expenditure? Cardio HIIT will do it for you. The interval bursts will get you working at your max, then a short recovery so you are ready for your next Cardio HIIT. This class will consist of cardio intervals & plyometrics to get your heart rate pumping.

I = Mod - High | C = NR

### Circuit (45 & 30 mins)

Looking for a class that will target your heart as well as your muscles? This is the one. This class allows you to workout at your intensity to gain the most out of your workout. No coordination required.

I = Mod-High | C = NR

### Master Blast (60 mins)

Looking for a class that will blast your body without blowing your mind? This is the one. Think Bootcamp and Circuit blended with HIIT, a highly motivating no frills fun workout.

I = Mod - High | C = NR

## CYCLING SESSIONS

### Rev (30 & 45 mins)

Join us on a motivating ride to a healthy heart, firm legs and glutes, plus maximal calorie burn. This indoor cycling class caters for all levels as you determine the resistance and effort.

I = Mod - High | C = NR

## BOXING STYLES

Glove inners are required to attend pad classes. These can be purchased or hired at reception.

### Boxing (30 mins)

A total body workout focusing on boxing drills, using speed and power sets.  
I = Mod - High | C = Minimal

### Cardio Box (60 mins)

Combine a cardio workout with the strength and resistance of boxing. We'll set you up with focus pads and a partner (unless you bring a friend) and teach you the boxing moves you need to tone your upper body and increase your confidence.  
I = Mod - High | C = Mod

### Fight Fit (60 mins, 45 mins & 30 mins)

A total body cardio workout that incorporates martial arts techniques such as punching and kicking, without the need for body or pad contact. Strike, punch and kick your way fit! No partner required.

I = Mod - High | C = Minimal

### Kick & Box (60 mins)

Kick & Box is Cardio Box, with the added challenge of kick boxing moves. Add an intense lower body workout to an already effective boxing class and you'll experience a great total body cardio workout.

I = Mod - High | C = Mod

## SPECIALTY CLASSES

### Active Over 50s (60 mins)

If you're over 50 and enjoy the company of other like-minded exercisers, give this class a go. It's light paced and focuses on your needs; gentle cardiovascular, bone and muscle strengthening exercises combined with elements of balance and flexibility... not to forget a whole heap of fun!

I = Low | C = Minimal

### Active Over 50's & Stretch (75 mins)

Combine the health benefits of our Active Over 50's class with the added bonus of an extended stretch and relaxation component.

I = Low | C = Minimal

### Bootcamp (60 mins)

Like to exercise in the fresh air? Then Bootcamp is for you. You will be put through your paces with tyres, ropes, sandbags and lots more. It's held on the top level of the carpark. Rain or shine, the class is on as it can be moved indoors.

I = Mod - High | C = NR

### Lite & Lo (60 mins)

A pressure free class ideal for those wanting a mild paced workout. Perfect if you are just starting out, recovering from an injury, are pregnant or just wanting a light workout. You'll get a gentle cardiovascular session followed by basic muscle toning exercises and a relaxing cool down.

I = Low - Mod | C = Low-Mod

### Lite & Lo Plus (60 mins)

This is our Lite & Lo class ramped up a little, so be ready to pick up the pace. See definition above.

I = Mod | C = Low-Mod

### Mums & Bubs (45 mins)

Suitable for 6weeks - 2year olds. Bounce back into shape with your bub. This class is a great way to bond with your baby whilst getting your mind and body active, plus make friends with other new Mums. Dads are welcome too.

I = Low - Mod | C = NR

### Strong (by Zumba) (60 mins & 45 mins)

STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

I = Mod - Hi | C = Low-Mod

### Strong & Stable (45 mins)

This class combines education and exercise in a progressive approach to improve balance, flexibility, coordination, strength and reduce risk of falling. Aids such as chairs and bars may be incorporated. Suitable for those wanting to maintain independence and enhance their wellbeing.

I = Very Low | C = Not required

### Toddler Fit (30 mins)

Suitable for 2 – 4 year olds.

Time to get active with your energetic toddler. This class is designed to engage with your child through exercise. We will explore many different activities together, learning and having fun at the same time. The exercises are focused on setting the foundations for a healthy future for your child.

I = Low - Mod | C = NR

### Zumba (45 mins)

Looking for some new moves? Zumba is the latest Latin inspired dance-fitness class that exhilarates your senses and gets your whole body moving to exotic rhythms in a high energy cardio blast.  
I = Low - Mod | C = Mod-Hi

## ½ & ½ CLASSES

First 30min is one style, second 30min a different style. You can join in at the halfway point if you warm up prior. If you leave halfway we advise you to stretch/cooldown.

### Aero / ABT (30 mins or 60 mins)

We've listened to your demands! You want a lean bod and a toosh to match. Kick start this class with 20-30mins of high energy aerobics, aimed at burning fat and getting your heart rate soaring. Finish up with a guaranteed butt and ab blast. The ultimate combo!

Aero: I = Mod - High | C = Mod - High

ABT: I = Low - Mod | C = NR

### Rev & Abs (30 mins or 60 mins)

30 minutes of calorie burning cycling, backed up with an awesome core workout sure to wake up the most dormant of abs.

I = Mod - High | C = NR

### Step / Sculpt (30 mins or 60 mins)

Miss a good step routine? Then this 30 minute step workout will have you stepping like you have never stepped before. The last 30 minutes will have you sculpting your muscles and feeling toned.

I = Mod - High | C = Hi

## MIND & BODY

### Guided Meditation (30 mins)

Our meditation narrator will guide you to relax your body and mind, helping to reach a deep meditative state before going on a journey in your mind to reach a specific goal. As your brain does not distinguish between an imagined event and a real one, the experience you have with guided meditation is just like having a real experience. Amazing!

I = Very Low | C = NR

### Pilates (60 mins)

A mellow paced body conditioning technique that combines breathing, stretching and strengthening to achieve and maintain optimal posture. Allow your body to move freely and efficiently by strengthening your deep abdominal and core stabilisers while relaxing tense neck and shoulder muscles.

I = Low - Mod | C = NR

### Stretch (60 mins)

Start relaxing with a gentle warm-up followed by a series of stretches designed to improve your flexibility, minimise muscle imbalances and release stored muscle tension. Treat your body... treat your mind ... unwind.

I = Very Low | C = NR

### Foundation Yoga (60 mins)

Learn the basics of Yoga by understanding the poses and movements, plus how to perform them.

I = Very Low | C = NR

### Hatha Yoga (60 mins)

This class focuses on alignment of the whole body while holding poses that support the spine and bring about the awareness of breath with movement. Build your strength, mobility and endurance all while creating a feeling of calm. Ideal for entry level to intermediate Yoga participants.

I = Low | C = NR

### Vinyasa Yoga (60 mins)

Vinyasa means 'breath-synchronized movement'. This class is a series of poses that will move you through the power of inhaling and exhaling, with smooth flowing movements.

I = Mod | C = NR