

| TIME | MON | TUES | WED | THURS | FRI | SAT | SUN |
|----------|--|---------------------|-----------------------|-------------------------|-------------------------------|----------------------------|---------|
| 5.30 AM | CARDIO BOX | REV 45 | MASTERBLAST | BOOTCAMP | PILATES | | |
| 7.30 AM | | | | | | KICK & BOX | |
| 8.30 AM | | | | | | SCULPT | REV 30 |
| 9.00 AM | | | CARDIO HIT 30 | | | | ABS 30 |
| 9.10 AM | | | | | TODDLER FIT 30 | | |
| 9.30 AM | POWER HOUR FIGHT FIT OR STRONG BY ZUMBA | REV 45 | STEP 30 | LITE & LO REV 30 | FOUNDATION YOGA | HATHA YOGA FIGHT FIT 45 | PILATES |
| 9.40 AM | | | | | ZUMBA 45 | | |
| 10.00 AM | | LITE & LO | SCULPT 30 | ABS 30 | | | |
| 10.30 AM | AO50'S PILATES | STRETCH | PILATES | ZUMBA 45 STRETCH | AO50'S & STRETCH 75 REV 45 | | |
| 11.15 AM | | MUMS & BUBS 45 | | MUMS & BUBS 45 | | | |
| 11.30 AM | STRONG & STABLE 45 | | STRONG & STABLE 45 | | STRONG & STABLE 45 | | |
| 4.00 PM | | | | | REV 45 OR REV GTB | ZUMBA 45 | |
| 4.30 PM | ZUMBA 45 | REV 45 | | LITE & LO PLUS | SCULPT | | |
| 5.00 PM | | | POWER HOUR | | | YIN YOGA | |
| 5.30 PM | AERO 30 | STRETCH BOOTCAMP | PILATES | CARDIO HIT 30 | REV 30 | | |
| 6.00 PM | SCULPT 30 PILATES | SCULPT 30 | ZUMBA 45 | HATHA YOGA | ABS 30 ZUMBA 45 | | |
| 6.30 PM | POWER HOUR | FIGHT FIT 45 | REV 30 | REV 45 | | | |
| 6.45 PM | | CIRCUIT | | | | | |
| 7.00 PM | REV 45 | | ABS 30 STEP 30 | GUIDED MEDITATION 30 | POWER HOUR | | |
| 7.15 PM | | VINYASA YOGA | | | | | |
| 7.30 PM | | REV N BOX | SCULPT 45 | ZUMBA 45 | | | |
| 7.45 PM | CIRCUIT 45 | | | | | | |

ATTENDING CLASS

- 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 and 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.

STUDIO ONE | STUDIO TWO



Group Exercise Classes

Timetable effective 21 May 2018



A division of
 revesbyworkers'

2b Brett Street Revesby, NSW 2212 | 8707 6930 |
healthmates@rwc.org.au | healthmates.com.au

Strength & Toning

ABS (30 MINS) I = Low - Medium | C = NR

Challenge your core with this 30 min class that aims to target and strengthen your abdominals.

POWER HOUR (60 MINS) I = Low - High | C = NR

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.

SCULPT (60 MINS, 45 MINS & 30 MINS) I = Low - High | C = NR

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.

Interval Series

CARDIO HIIT (30 MINS) I = Mod - High | C = NR

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 and plyometrics to get your heart rate pumping.

CIRCUIT (45 MINS) I = Mod - High | C = NR

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,

MASTER BLAST (60 MINS) I = Mod - High | C = NR

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,.

REV N BOX (60 MINS) I = Mod - High | C = Minimal

Feel your energy burn and fitness increase as you combine short bouts of boxing and cycling in an interval style class. Blitz both your upper and lower body. Be ready to sweat!

Cycling Sessions

REV (30 & 45 MINS) I = Mod - High | C = NR

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.

REV GTB (60 MINS) I = Very High | C = NR

Take the ride of your life with this 'no buts about it', hardcore class. In case you're wondering, GTB stands for 'get the bucket'. Definitely not for the faint hearted!

REV EXTREME (45 MINS) I = Very High | C = NR

The ultimate interval class; stints on the bike alternating with bursts of high energy cardio, plyometrics and strength moves. Please do not wear cycle shoes (cleats) due to the quick interval transitions.

Boxing Style

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

CARDIO BOX (60 MINS) I = Mod - High | C = Mod

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.

FIGHT FIT (60 MINS, 45 MINS & 30 MINS) I = Mod - High | C = Minimal

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.

KICK & BOX (60 MINS) I = Mod - High | C = Mod

Kick and 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 full body cardio workout.

Specialty Classes

ACTIVE OVER 50S (60 MINS) I = Low | C = Minimal

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!

ACTIVE OVER 50S & STRETCH (75 MINS) I = Low | C = Minimal

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

BOOTCAMP (60 MINS) I = Mod - High | C = NR

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.

LITE & LO (60 MINS) I = Low - Mod - High | C = Low - Mod

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 want a light workout. You'll get a gentle cardiovascular session followed by basic muscle toning exercises and a relaxing cool down.

LITE & LO PLUS (60 MINS) I = Mod | C = Low - Mod

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

MUMS & BUBS (45 MINS) I = Low - Mod | C = NR

Suitable for 6 weeks - 2 year 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.

STRONG (BY ZUMBA) (60 MINS & 45 MINS) I = Mod - High | C = Low - Mod

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.

STRONG AND STABLE (45 MINS) I = Very Low | C = NR

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.

TODDLER FIT (30 MINS) I = Low - Mod | C = NR

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

ZUMBA (45 MINS) I = Mod - High | C = Low - Mod

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.

1/2 & 1/2 Classes

First 30 min is one style, second 30 min is 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 / SCULPT (30 MIN OR 60 MIN) Aero: I = Mod - High | C = Mod - High / ABT: I = Low - Mod | C = NR

We've listened to your demands! You want 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!

REV & ABS (30 MINS OR 60 MINS) I = Mod - High | C = NR

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

STEPS (30 MINS) I = Mod - High | C = Hi

Miss a good step routine? Then this 30 minute step workout will have you stepping like you have never stepped before.

Mind & Body

GUIDED MEDITATION I = Very Low | C = NR

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!

PILATES I = Low - Mod | C = NR

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.

STRETCH (60 MINS) I = Very Low | C = NR

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

FOUNDATION YOGA (60 MINS) I = Very Low | C = NR

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

HATHA YOGA (60 MINS) I = Low | C = NR

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.

VINYASA YOGA (60 MINS) I = Mod | C = NR

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.

YIN YOGA (60 MINS) I = Mod | C = NR

Yin yoga is a calm peaceful practice that targets the connective tissues and joints of the body. Suitable for everyone, particularly people who are 'busy' stressed and in need of balance. A floor based practice where postures are held for time. Yin Yoga is great for slowing down and goes hand in hand with the practice of mindfulness.