

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5.30 AM	BOXING	REV 45	BODY HIIT	POWER HIIT 30	PILATES		
6.00 AM				REV 30			
7.30 AM						BODY HIIT 45	
8.00 AM			AO50's				
8.30 AM						SCULPT	REV 30
9.00 AM			CARDIO HIIT 30	STEP 30			ABS 30
9.10 AM					TODDLER FIT 30		
9.15 AM					FOUNDATION YOGA		
9.30 AM	POWER HOUR FIGHT FIT	REV 45	SCULPT 30	LITE & LO REV 30		HATHA YOGA ZUMBA 45	PILATES PLUS
9.40 AM					ZUMBA 45		
10.00 AM		LITE & LO	HATHA FLOW YOGA	ABS & BUTTS 30			
10.30 AM	AO50'S PILATES	BOXING 45	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	ZUMBA 45
4.30 PM	ZUMBA 45	PILATES		BODY HIIT 45	SCULPT		
5.00 PM		BODY HIIT 45	STEP 30			YIN YOGA	
5.30 PM	AERO 30	STRETCH	SCULPT 30 HATHA FLOW YOGA		REV 45		
6.00 PM	SCULPT 30 PILATES	SCULPT 30	ZUMBA 45	HATHA YOGA	ZUMBA 45		
6.30 PM	POWER HOUR	FIGHT FIT 45 DANCE FITNESS	REV 30	BOXING			
7.00 PM	REV 45		ABS & BUTTS 30	GUIDED MEDITATION 30	POWER HOUR		
7.15 PM		VINYASA YOGA	LATIN FITNESS				
7.30 PM		REV 30					
7.45 PM	BODY HIIT 45						
8.00 PM		BOXING 30					

# Group Exercise Classes

*Timetable effective 12 August 2019*



## ATTENDING CLASS

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

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## 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.

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

This class will tone and blast your butt and legs into shape, plus challenge your abs with targeted exercises to get your core strong.

### SCULPT (30, 45 OR 60 MINS) I = Low - Mod | C = NR

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!

### 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.

## 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 hit. This class will consist of cardio intervals and plyometrics to get your heart rate pumping.

### POWER HIIT (30 MINS) I = High | C = NR

Enjoy an effective and intense weights session. This 30min class will have your muscles pumping, without running and jumping. A time effective way to get your weight training done.

### BODY HIIT (45 OR 60 MINS) I = High | C = NR

This class brings both Cardio HIIT and Power HIIT together for one full body HIIT session. You will see your fitness and strength increase with every class.

## Boxing Style

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

### BOXING (30, 45 OR 60 MINS) I = Mod - High | C = Minimal

A total body workout focusing on boxing drills, using speed and power sets.

### FIGHT FIT (45 OR 60 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 or inners required.

## Cycling Sessions

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

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

## 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.

### 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.

### 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 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, while 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 energy cardio blast.

### STEP (30 MINS) I = Mod - High | C = High

Step is a low impact class aimed at increasing your fitness, coordination and lower body strength by using a height adjustable platform. Rise up and enjoy this popular class.

### DANCE FITNESS (60 MINS) I = Mod - High | C = Low - Mod

Time to take on the classic songs (flash dance) and groove to the Top 40 hits with Latin/Hip Hop and Jazz. Leave your worries at home and flick your hair with you best gym mates. This empowering class will leave you feeling invincible.

### LATIN FITNESS (60 MINS) I = Mod | C = Low - Mod

Are you ready to find your hidden dancing abilities? Learn Salsa, Cha Cha, and Bachata. The moves will be broken down so you can learn them in blocks and then put it all together at the end. You will get a full mind and body workout and be able to hit the dance floor at that next gathering.

## 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 OR 60 MINS)

AERO: I = Mod - High | C = Mod - High / SCULPT: I = Low - Mod | C = NR

Get a lean bod and toosh to match with this combo class. Kick start with 30mins of high energy aerobics, aimed at burning fat and getting your heart rate soaring. Finish up with a muscle toning workout sure to fire up any long lost body parts.

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

30 minutes of calorie burning cycling, backed up with an awesome core & butt workoutsure to wake you up from the waist down.

### STEP / SCULPT (30 OR 60 MINS) I = Mod - High | C = High

Get your heart pumping with this fun Step workout, followed by targeted toning exercises designed to sculpt your body.

### POWER HIIT / REV (30 OR 60 MINS) I = Mod - High | C = Low

This combination has everything; weight training without the running and jumping giving you a chance to lift heavy, followed by a cardio blast with Rev to give your legs that extra burn.

## Mind & Body

### 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 a certain time. Yin Yoga is great for slowing down and goes hand in hand with the practice of mindfulness.

### 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.

### HATHA FLOW YOGA (60 MINS) I = Mod | C = Low - Mod

Comprising of all the elements of traditional Hatha & adding in elements of Vinyasa, this dynamic class will have you sweating. Building heat with waves of flow and then cool it back down and enjoy stillness.

### 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.

### GUIDED MEDITATION (30 MINS) 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 (60 MINS) 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.

### PILATES PLUS (60 MINS) I = Low - Med | C = NR

Enjoying what you are gaining from your Pilates classes? Then Pilates Plus will take it to the next level with balls, bands and circles.

### 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