

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.30am	STRONG SET 45	CYCLE 45	HIIT 45	CYCLE 45	PILATES		
7.15am						BOOTCAMP 45	NON STOP 20
8.00am	CYCLE 45	STEP n BURN 45	AO50's	STRETCH	TONE UP		CYCLE 45
8.15am						LOAD UP	
8.45am		BOOTY BURN 30					
9.00am							STRETCH
9.15am	HIRT 30	CYCLE 45	LOAD UP 45	LITE & LO			
9.30am	FIGHT FIT 45	LITE & LO		CYCLE 45	ZUMBA 45	HATHA YOGA	
10.00am					JUST SWEAT 30		
10.05am			MOVE 2 MUSIC 45				
10.30am	AO50's PILATES		PILATES	STRONG SET 45	AO50's CYCLE 45		
10.35am		STRETCH					
11:00am			MUM'S & BUBS				
11.35am	STRONG & STABLE 45		STRONG & STABLE 45		STRONG & STABLE 45		
4.00pm				KIDS BOOTCAMP 45			ZUMBA 45
4.30pm	PILATES		CYCLE 45				
5.00pm		ZUMBA 45		BODY BLITZ 45	ZUMBA 45	ATTENDING CLASSES <ul style="list-style-type: none"> • All classes are 1 hour unless otherwise stated • Class bookings open at 8am, 1 days prior via the app • Cancellation of booking is 2 hour prior to class starting • Bring clean feet to all mind / body classes • Use hygiene stations provided to clean equipment • Bring water & towel to all classes and use towel on your equipment, mats and to remove sweat from your body. • Arrive on time to minimise chance of injury and to avoid disrupting the class. Late comers may be refused entry. • Advise your instructor of any medical conditions, pregnancy or injuries you have prior to the commencement of each class 	
5.15pm			LOAD UP 45				
5.35pm	HIIT 45						
5.45pm			PILATES		CYCLE 45		
5.50pm		STRONG SET 45					
6.00pm				HATHA YOGA			
6.10pm			LEVEL UP STEP	FIGHT FIT 45			
6.20pm	TONE UP 45						
6.45pm		VINYASA YOGA	BOXING 30				
7.00pm	CYCLE 45						

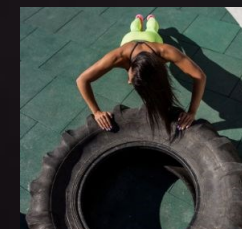


HealthMates
Fitness Centre

GROUP EXERCISE TIMETABLE

Effective 29/1/24

Bootcamp is back for a short time



2B Brett St Revesby NSW 2212 | 87076930
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STRENGTH & TONING

Load Up (60 mins)

Barbell class; start out light and work your way up to heavier weights as you get stronger. Your instructor will guide you on how to load, when to load and how to lift correctly.

Cardio = Low
Coordination = Nil
Resistance = Moderate to High

Tone Up (45 or 60 mins)

This class will hit the small and large muscle groups to give you the toned look. We use a variety of equipment including dumbbells, resistance bands, thigh toners , slides and body weight exercises.

Cardio = Low
Coordination = Moderate
Resistance = Moderate

Strong Set (45 mins)

Weight training class where you will work through reps and sets. You will be able to load per muscle group and focus the load to match each muscle group.

Cardio = Low
Coordination = Low
Resistance = Low to High

Booty Burn (30/45 mins)

This class will focus on the glutes using booty bands and weights to challenge your Booty and legs.

Cardio = Low
Coordination = Nil
Resistance = Low to Moderate

INTERVAL SERIES

HIIT (45 mins)

HIIT is high intensity interval training. Hit 90 to 95% of your maximum heart rate, then recover 70 – 80% of your maximum heart rate, ready to go for another interval.

Cardio = High
Coordination = Nil
Resistance = Moderate

Body Blitz (45 mins)

This class will combine resistance intervals followed by HIIT intervals.
Cardio = High
Coordination = Nil
Resistance = Moderate to High

CYCLING

Cycle (45 mins)

A great calorie burning class. You will strengthen your knees with no impact on your joints. You control the resistance dial

Cardio = High
Coordination = Nil
Resistance = Moderate to High

BOXING STYLES

Fight Fit (45min)

A full cardio workout that will have you punching and kicking the air.

Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Low

SPECIALTY CLASSES

Active Over 50s (60 mins)

It's light paced and focuses on your needs; gentle cardiovascular & muscle work combined with elements of balance and flexibility.

Cardio = Low
Coordination = Moderate
Resistance = Low

Strong & Stable (45 mins)

In this class we focus on balance, flexibility, coordination, strength, and reduce your risk of falling.

Cardio = Low
Coordination = Nil
Resistance = Low

Lite & Lo (60 mins)

We offer you a mixture of aerobic routines, circuits, step and muscle conditioning, followed by a cool down.

Cardio = Low to Moderate
Coordination = Moderate
Resistance = Low to Moderate

Zumba (45 mins)

Zumba involves cardio and Latin inspired dance moves. Once you master the basic moves you will be lost in the music.

Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Nil

Move 2 Music (45 mins)

You will dance to a mixture of Top 40 and classic hits. The moves are easy to pick up so you can really immerse yourself in the music.

Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Nil

Step n Burn (45 mins)

Low impact on the joints and great at increasing your fitness, coordination and lower body strength. Combination of routine and athletic step.

Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Low

Level Up Step

This high energy step class will get you moving to the Hip Hop beat, with all the benefits of Step.

Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Low

Mums & Bubs (45 mins)

Suitable for 6weeks - 2year olds. You will exercise with your bubs getting your mind and body active.

Cardio = Low to Moderate
Coordination = Nil
Resistance = Low to Moderate

MIND & BODY

Pilates (60 mins)

A controlled mat based conditioning workout that combines breathing, stretching, and strengthening to achieve and maintain optimal posture. You will have the option as you progress to add bands, balls and rings.

Cardio = Nil
Coordination = Nil
Resistance = Low to Moderate

Stretch (60 mins)

This class is a series of stretches designed to improve your flexibility, minimise muscle imbalances and release stored muscle tension.

Cardio = Nil
Coordination = Nil
Resistance = Nil

Hatha Yoga (60 mins)

This class focuses on alignment of the whole body while holding poses, which support the spine and bring about the awareness of breath with movement. Ideal for entry level to intermediate.

Cardio = Nil
Coordination = Nil
Resistance = Low

Vinyasa Yoga (60 mins)

Vinyasa means 'breath-synchronized movement'. A series of poses that will use the power of inhaling and exhaling, with smooth flowing movements.

Cardio = Nil
Coordination = Nil
Resistance = Low

Kids Bootcamp (45 mins) : 5 - 13years

This class allows your child to develop their fitness, coordination and strength all while having fun. \$12 per class or \$100 per term; Active Kids vouchers welcome.

Cardio = Moderate
Coordination = Nil
Resistance = Low to Moderate

Per4mance Classes

Classes will be held in the functional zone on the gym floor. Bootcamp will be run on the carpark roof top.

How it works:

- ◆ Book & pay for your spot via the app.
- ◆ 45min = \$12 HM/\$25 Non Mem
- ◆ 30min = \$8 HM /\$12 Non Mem
- ◆ Class capped at 12

Just Sweat (30 mins)

Cardio focused workout with some resistance elements.

Cardio = Moderate to High
Resistance = Moderate

HIRT (30 mins)

High Intensity Resistance Training.

Cardio = Low
Resistance = Moderate to High

Box Fit (30 or 45mins)

Boxing fitness circuit. Minimal partner work.

Cardio = Moderate to High
Resistance = Moderate to High

Non Stop 20 (30 mins)

Go for 20mins straight. Includes warm up and cooldown.

Cardio = Moderate to High
Resistance = Moderate to High

Bootcamp (45 mins)

The weather is right to head outdoors. A mixture of cardio and weights. Be prepared to flip some tyres.

Cardio = Moderate to High
Resistance = Moderate to High