

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.30am		TRIBE 45	HIIT 45	PILATES	PULSE 45		
7.15am						HIIT45	
8.00am	STRONG SET 45	STEP 30	LITE N LO	STRETCH	TONE UP		PULSE 45
8.15am						LOAD UP 45	
8.30am		BOOTY BURN 30					
8.45am	TRIBE 45						
9.00am						VIRTUAL 30	STRETCH
9.05am			LOAD UP45				
9.10am		LITE N LO			ZUMBA 45		
9.15am	FIGHT FIT 45	TRIBE 45	EASY RIDE 30	LITE N LO	PULSE 30		
9.30am				PULSE 45		HATHA YOGA	
9.50am							
9.55am			MOVE 2 MUSIC 45				
10.00am					ABS BLAST 30		
10.05am	A050'S	ABS BLAST 30					
10.15am	EASY RIDE 30	STRETCH	PULSE 45		AO50's		
10.30am				TONE UP 45			
10.40am					TRIBE 45		
10.50am			PILATES				
11:10am	PILATES						
11.30am				VIRTUAL 45	STRONG & STABLE 45		
12.00pm			STRONG & STABLE 45				
12.15pm	STRONG & STABLE 45						
4.00pm						VIRTUAL 45	ZUMBA 45
4.30pm	PILATES		TRIBE 45				
5.00pm		ZUMBA 45			ZUMBA 45		
5.15pm		VIRTUAL 30	LOAD UP	FIGHT FIT 45			
5.30pm	HIIT 45						
5.45pm	VIRTUAL 45		PULSE 30		TRIBE 45		
5.50pm		STRONG SET 45					
6.00pm	TONE UP 45			VIRTUAL 30			
6.10pm				HATHA YOGA			REV HAUS
6.25pm			ZUMBA 45				STUDIO 1
6.30pm		VIRTUAL 45	RUN CLUB				FUNCTIONAL
6.45pm		STRETCH			PILATES		
7.00pm	PULSE 45			VIRTUAL 45			

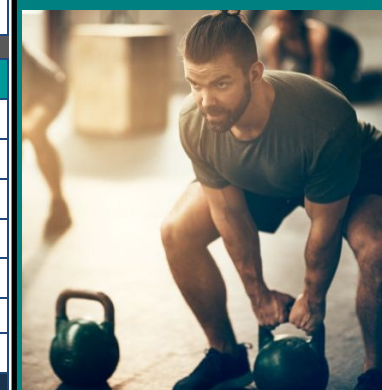


HealthMates
Fitness Centre



GROUP EXERCISE TIMETABLE

Effective 24/11/25



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

Load Up (60 mins)

Barbell class; start out light and work up to heavier weights as you get stronger. Your instructor will guide you 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.

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

Abs Blast (30mins)

Challenge your abdominals from start to end, aimed at improving your overall core strength.

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

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

Step (30 mins)

Step routines to increase your fitness, coordination and lower body strength. Combination of routine and athletic step.

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

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

CYCLING

Pulse (30 or 45 mins)

Feel your power in PULSE, every beat, pedal stroke and climb is designed to test your strength and stamina. This performance driven ride focuses on RPM, resistance and teamwork. You will see your stats on the screen.

Cardio = High
Coordination = Nil
Resistance = Moderate to High

Tribe (45 mins)

You don't ride alone, you ride with your Tribe. This class is all about connection, teamwork, and shared energy. Together, you'll climb, sprint and push through every challenge, motivating and supporting one another to go further than you thought possible.

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

CYCLING

Ease Ride (30 mins)

Easy Ride is what your body needs when you're just starting out, coming back from a break or recovering from a leg session. This class focuses on technique, and controlled movements allowing you to turn the legs over without pressure on your joints. We finish each session by checking how far we've travelled, giving you a simple and satisfying measure of progress.

Cardio = Low - Med
Coordination = Nil
Resistance = Low - Moderate

Virtual (30 or 45 mins)

You will be guided by a virtual instructor, who will offer to reach intensities and levels all while taking you through a motivating journey. Ensure you have seen an instructor prior to these classes to get your set up right and know what your levels are.

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

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

ATTENDING CLASSES

- All classes are 1 hour unless otherwise stated
- Class bookings open at 8am, 1 day prior via the app
- Cancellation of a booking is 2 hours 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