

# Group Exercise Timetable

Main Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8.30am						<b>BODYATTACK</b>	<b>Zumba</b>
	9.30am	<b>BODYPUMP</b>	<b>THT</b>	<b>BODYPUMP</b>	<b>Zumba</b>	<b>BODYPUMP</b>	<b>BODYPUMP</b>	<b>BODYCOMBAT</b>
	10.30am	<b>Core</b>	<b>Stretch &amp; Flex</b>	<b>Active Adults</b>		<b>THT</b>	<b>Mat Pilates</b>	<b>Yoga</b>
	5.30pm	<b>BODYPUMP</b>	<b>Zumba</b>	<b>BODYCOMBAT</b>	<b>THT</b>			
	6.30pm	<b>BODYATTACK</b>	<b>BODYPUMP</b>	<b>Zumba</b>	<b>BODYPUMP</b>	<b>Circl Mobility</b>		
	7.30pm	<b>Yoga</b>	<b>Studio Matwork Pilates</b>	<b>Yoga</b>	<b>Studio Matwork Pilates</b>			

Cycle		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.15am			<b>RPM</b>				
	9.00am						<b>RPM</b>	
	9.30am				<b>Cycle</b>			
	6.45pm		<b>RPM</b>	<b>RPM</b>				

Aqua Aerobics		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9.10am	<b>Aqua</b>	<b>Aqua</b>	<b>Aqua</b>	<b>Aqua</b>	<b>Aqua</b>	<b>Aqua</b>	
	10.15am		<b>Aqua Hydro</b>	<b>Aqua Hydro</b>		<b>Aqua Hydro</b>		
	11.00am	<b>Aqua</b>			<b>Aqua</b>			



Use our  
facility  
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**TRAC**

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Active World App for most up-to-date class schedule.

**Thomastown**  
Recreation & Aquatic Centre



# Group Exercise Timetable

Reformer Pilates		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		
	7.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		
	8.30am			Reformer Pilates			Reformer Pilates	Reformer Pilates
	9.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
	10.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	
	5.30pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		
	6.30pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates			
	7.30pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates			

B Active Functional Training		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.30am	Functional				Aerobic		
	8.00am			Strength				
	8.30am				Functional			
	4.00pm		Strength					
	5.45pm			Functional				
	6.00pm				Aerobic			



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# Class Descriptions

## BodyAttack (55 mins)

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training combining athletic movements to take your fitness to the next level.

## BodyCombat (55 mins)

This high-energy martial arts-inspired workout is totally non-contact and there are no complex moves to master. The instructor will challenge you to up the intensity and motivate you to make the most of every round.

## BodyPump (55 mins)

Use weights to strengthen, condition and tone the whole body. You will also increase bone density, support a healthy metabolism and walk out feeling fantastic.

## BodyStep (55 mins)

An energising step workout that makes you feel alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from the music.

## Zumba\* (55 mins)

Exotic rhythms set to high energy Latin and international beats. Enjoy the way your body moves and don't worry if you forget the steps- it's meant to be fun!

## THT (55 mins)

A workout focused on toning and firming your lower body while also strengthening your core.

## Core (30 mins)

Build strength, stability and endurance in the muscles that support your core, improve balance and assist injury prevention.

## Active Adults

Active Adults are low impact classes that are designed for older adults, encompassing a range of strength, cardio and flexibility exercises.

## Aqua Aerobics (45 mins)

Aqua Aerobics is a workout in water that is inclusive of every fitness level and every age. Working out in water eliminates stress on the joints, improves cardiovascular fitness, can increase strength, flexibility and overall health.

## Aqua Hydro\* (45 mins)

Warm water exercise designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.

## RPM (45 mins)

Indoor cycling classes are coached by an instructor who will guide you through a series of sprints, climbs & attacks. Riders are accompanied by inspiring music and can work at their own pace.

## Pilates\* (55 mins)

A low impact class that focuses on strengthening your whole body, targeting posture, flexibility and strength.

## Studio Matwork Pilates (55 mins)

Pilates training that focuses on correct posture, core stability, balance, control, strength, flexibility and breathing.

## Yoga\* (45 mins)

Yoga cultivates health and wellbeing through a range of many different techniques, including postures and movement, breath awareness and breathing exercises, relaxation and concentration, self-inquiry and meditation.

## Circl Mobility (55 mins)

The mobility and flexibility program designed to help you move your body the way it's intended to.

## Stretch and Flex (30 mins)

Sessions centered around stretching and mobility exercises, designed to enhance functional capacity, promote better recovery, and prevent injuries.

## B Active Functional Training (30min)

Functional Training sessions that fit seamlessly into your busy schedule. This functional training program combines the latest in exercise science with progressive overload techniques, ensuring maximum results.

## Reformer Pilates (45min)

Reformer Pilates is a low-impact workout using a specialised machine to improve strength, flexibility, posture, and overall wellbeing. Perfect for all fitness levels!



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