

# CLASS DESCRIPTIONS

CLASS	DURATION	FOCUS	INTENSITY	DESCRIPTION
BODYPUMP®	45-60 minutes	Strength & Sculpting	Moderate to High	A barbell workout for anyone looking to get lean, toned and fit – fast.
BODYCOMBAT®	30 minutes	Cardio & Resistance	Moderate to High	A high-energy martial arts inspired workout which works out the whole body and leaves you feeling empowered.
BOXING	45 minutes	Cardio & Resistance	Moderate to High	A high energy fitness class which will improve you technique, stamina, cardio, and strength.
CORPORATE FITNESS	60-90 minutes	Strength & Conditioning	Moderate	Custom classes designed for our corporate partners – General admittance not available.
FREESTYLE	30-45 minutes	Cardio & Resistance	Moderate	A dynamic freestyle group fitness class that varies in style, from strength and cardio to circuits, HIIT, EMOM, and more.
HIIT CARDIO	30 minutes	Cardio & Resistance	High	Alternate between high intensity movements and short periods of lower intensity exercise, using just your own body weight to boost your cardio fitness.
HIIT POWER	45-55 minutes	Cardio & Resistance	High	Alternate between high intensity movements and short periods of lower intensity exercise, using your own body weight and additional weights to rapidly increase performance and cardio fitness.
PILATES	45 minutes	Strength & Sculpting	Low to Moderate	Pilates increases flexibility, builds strength, develops control and improves endurance throughout the whole body. It places emphasis on alignment, breathing, developing a strong core and improving coordination and balance.
RPM®	30-45 minutes	Indoor Cycling	Moderate to High	A journey of hills, sprints and flat riding where you control the intensity – Fun low impact exercise.
SALT	60 minutes	Strength & Conditioning	Low	Senior Adults Living Triumphantly – The free wellness program for all residents over 50.
SHAPES™	45 minutes	Strength & Sculpting	Moderate	A fusion of pilates, barre and power yoga which builds strength, improves posture and sculpts core muscles.
STRENGTH DEVELOPMENT™	45 minutes	Strength & Conditioning	Moderate	A new strength training program from Les Mills based on strength and conditioning science comprised of 12 workouts completed in sequence to effectively maximise gains.
SPIN	30 minutes	Indoor Cycling	High	Freestyle Cycling HIIT workout which simulates riding across different terrains.
SUPERSETS+	45-55 minutes	Strength & Conditioning	Moderate to High	Strength based training with a core workout at the end for a balanced and effective full-body workout.
YOGA	60 minutes	Mind & Body	Low	A widely practiced activity which cultivates general health and wellbeing, while also improving flexibility, mobility and coordination.
YIN YOGA	75 minutes	Mind & Body	Low	Yin yoga stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body for improved flexibility and relaxation.

## GROUP FITNESS TIMETABLE

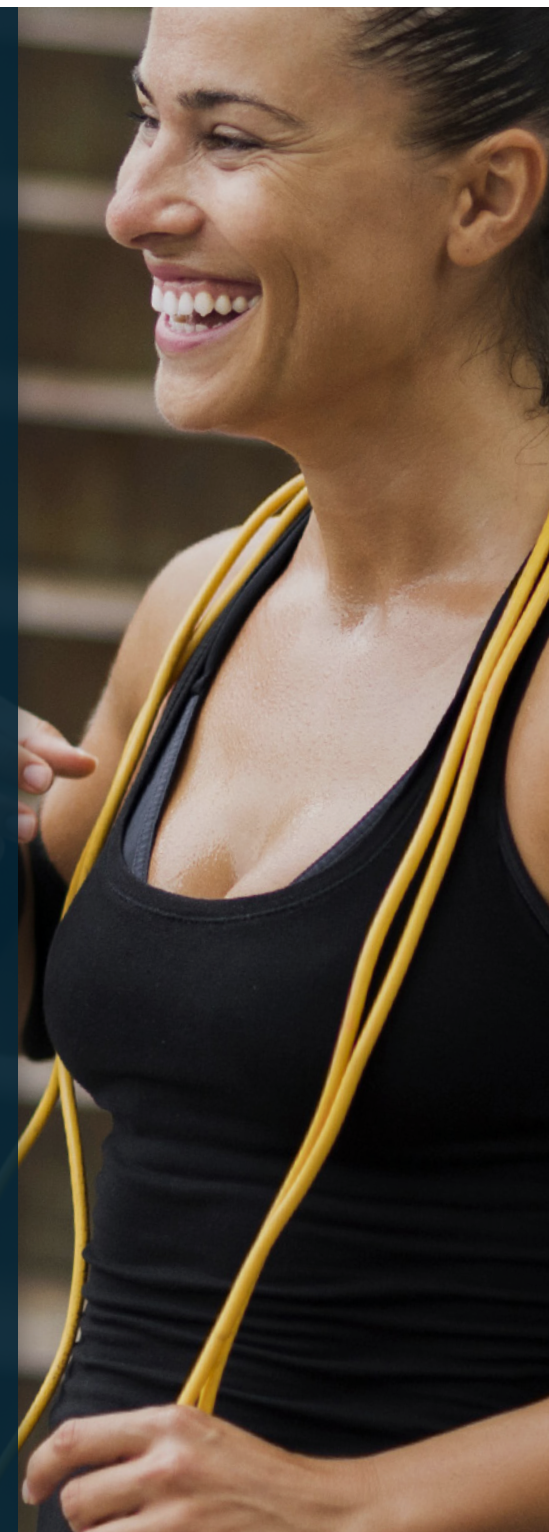
v1.4.20 March-April

### FREESTYLE RETURNING CLASS

*A dynamic freestyle group fitness class that varies in style, from strength and cardio to circuits, HIIT, EMOM, and more – Thursdays at 4:30pm*

### SHAPES™ NEW TIMES

*By popular demand, SHAPES™ has now been moved to 9:25am on Wednesdays and Fridays*













# GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7

 30 Minute Express Class

 Gratwick Hall

 Reserved Session

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	 <b>YOGA</b>			 <b>YOGA</b>			
8:15am						<b>LES MILLS BODY PUMP</b>	
8:45am	Strength Development <small>LES MILLS</small>	<b>LES MILLS SHAPES</b>	<b>HIIT POWER</b>	<b>SUPERSETS+</b>	<b>HIIT CARDIO</b>		
9:25am			 <b>LES MILLS SHAPES</b>		 <b>LES MILLS SHAPES</b>		
9:45am							
10:15am	 <b>SALT</b>	 <b>CORPORATE fitness 60</b>			 <b>SALT</b>		
11:00am							
12:00pm							
4:30pm	<b>LES MILLS BODYCOMBAT</b>	<b>HIIT CARDIO</b>	<b>BOXING</b>	<b>FREESTYLE</b>	<b>HIIT POWER</b>		
5:15pm		Strength Development <small>LES MILLS</small>					
5:30pm	<b>LES MILLS SHAPES</b>			<b>SPIN</b>			
6:15pm			<b>LES MILLS BODY PUMP</b>				
6:30pm							
7:00pm							



**Group Fitness Classes On Demand**  
 Access 1000+ workouts from the world's best trainers 24-7 at Gratwick Fitness Centre

All classes are at Wanangkura Stadium unless otherwise specified – For class updates, subscribe to text notifications at [fitns.me/text](https://fitns.me/text)