

# Group Fitness Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Metafit	Abs Xpress	Spin Xpress	Metafit	Xpress		
8.15am						Metafit	
9am		On a Roll	Abs Xpress	On a Roll	Abs Xpress	<b>LES MILLS BODYPUMP</b>	
9:30am	Aero Boxing	<b>LES MILLS BODYPUMP</b>	CoreFit	Circuit	<b>LES MILLS RPM</b>		
10:00am						Yoga	
10:30am	<b>LES MILLS BODYBALANCE</b>	Kangatraining	Yoga	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYPUMP</b>		
5:00pm	<b>LES MILLS BODYPUMP</b>	Aero Boxing	Konga®				
5:30pm				Pilates			
6pm		Stretch 'n Release	<b>LES MILLS BODYPUMP</b>		Yoga		
7pm	Pilates	Konga®					

# Gym Plus Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am							
9.30am		Gym Circuit			TRX Xpress		
11.15am		Strength for Life		Strength for Life			
Noon	Strength for Life		Strength for Life		Strength for Life		
6pm	Gym Circuit			Knockout Xpress			

# AquaFit Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am						AquaFit	
8.30am	Baby Boomers Aqua	Aqua Motion	Baby Boomers Aqua	AquaFit	Aqua Motion		
9am							
9.30am	AquaFit	AquaFit	AquaFit	Aqua Motion	AquaFit		
12pm				Strength for Life - Aqua			
6pm	Aqua Motion	Aqua Motion					
6.30pm			Aqua Motion	AquaFit			

CLASS	DESCRIPTION	LEVEL
<b>Abs Xpress</b>	A 'nuclear powered' 30 minute core training program that gets serious results. A strong core helps reduce back pain, improves athletic performance and postural imbalances.	All Levels
<b>Aero Boxing</b>	Increase your cardio fitness with a motivating circuit class that combines punches and jabs with boxing equipment.	All Levels
<b>Aqua Express HIIT</b>	A 30 min non stop water based workout that offers a combination of short bursts of intense exercises with only a short rest period in between which guarantees a whole body workout promising to get your heart pumping whilst	All Levels
<b>Aqua Motion</b>	An aqua class providing a variety of equipment and fun for all levels.	All Levels
<b>AquaFit</b>	A cardio/muscle conditioning workout using aqua equipment.	All Levels
<b>Baby Boomers</b>	Improve your coordination, flexibility and fitness in a class especially designed for seniors. Exercise at a pace you can enjoy.	Low Impact (Seniors Only)
<b>Body Balance®</b>	A Yoga/Tai Chi/Pilates workout that builds flexibility and strength - leaves you feeling centred and calm. Controlled breathing, concentration and carefully structured stretches, moves and poses to music create an holistic workout that brings the body into a state of harmony and balance.	All Levels
<b>Body Pump®</b>	A non-impact class designed to give your body a complete workout using a barbell and weights, increasing metabolism, fat burning, strength and stamina. Monday and Friday 5pm will be the 45 minute format.	All Levels
<b>Chisel &amp; Burn</b>	Getting bored with your standard Circuit class? Chisel & Burn is the answer!! This athletic based sculpting class combines cardio, resistance and circuit training, using gym equipment, together with body weight resistance, to help you shed excess fat whilst building super lean, firm muscles - the key to a robust metabolism.	All Levels
<b>Circuit/ Gym Circuit</b>	This turbo charged session will amp up your gym routine with strength and cardio moves that are customised to help you reach your goals faster and improve your conditioning and muscular endurance.	All Levels
<b>CoreFit</b>	Partnering Booty and Body resistance bands with the Stability Ball as well as Free Weights, this hybrid class will challenge your core strength each week.	All Levels
<b>Kangatraining</b>	Kangatraining is the ultimate baby wearing workout that is perfect for mothers to socialise and exercise without the need for a sitter (Mothers with child up to 12mths)	Low Impact
<b>Kettlebell</b>	Burn more muscle while burning 40%-50% more calories than a typical strength training session by transitioning from one exercise to another without putting the weight down, perfect for building a lean, ripped body.	All Levels
<b>Knockout Xpress</b>	Knockout Xpress is a 30 minute session using boxing bags to develop strength, balance and stability. This is an effective way to burn fat, lose weight and get a lean, fit body. Knockout Xpress will give you a complete body workout which will improve your core strength, co-ordination and stamina.	All Levels
<b>Konga®</b>	An easy-to-follow, high intensity fusion of boxing, cardio, dance and sculpting. Expect to squat, burpee, shake and sweat like crazy to the hottest beats. Whether you are super fit or totally uncoordinated, Konga® is for you!	All Levels
<b>Strength for Life Aqua</b>	A gentle, progressive strength and exercise class aimed at improving health, coordination, balance, gait, flexibility and bone density designed especially for the over 50's. Assessment is required (COTA & Council of the Ageing)	Low Impact (Seniors Only)
<b>Strength for Life</b>	A strength and training program for over 50's. Assessment is required (COTA & Council of the Ageing)	Seniors Only
<b>Metafit</b>	Metafit is a style of HIIT which is designed to boost your fitness, rocket your energy levels and get massive results in the shortest amount of time possible. Metafit gets results as it creates a metabolic disturbance and increases your resting metabolic rate which then increases fat burning.	All Levels
<b>On a Roll</b>	This class uses a self-massage foam roller to help release muscle tightness or trigger points within a muscle. By applying pressure to specific points you are able to aid recovery of muscles and assist in returning them to normal function.	All Levels
<b>Pilates</b>	An overall conditioning workout incorporating Pilates techniques and methods to build a strong core and a balanced body.	All Levels
<b>RPM®</b>	RPM is a calorie burning workout on wheels that develops cardiovascular fitness and core strength.	All Levels
<b>Spin Xpress</b>	Designed using strength, endurance and power training principles your body is blasted in all directions. Not only a great cardio hit but also targets and tones ALL the muscles in your body.	All Levels
<b>Stretch 'n Release</b>	A restorative class that encompasses tai chi, yoga movements and exercises in addition to stretching and releasing techniques; utilising fit balls, dynna bands, foam rollers and self massage, finishing off with relaxation/ meditation to bring you back to centre. A restful wellness class.	All Levels
<b>TRX Xpress</b>	TRX is a training technique used by elite athletes - suitable for all levels including fitness enthusiasts. You control the intensity. TRX training sessions are fast and effective, developing total body strength, endurance, core stability and flexibility.	All Levels
<b>Yoga</b>	Yoga helps bring awareness and focus on the breath while moving through a series of postures. Posture sequences may differ from class to class, but always follow an intelligent progression that moves from basic to complex.	All Levels

\* Pregnant or injured participants must advise the instructor prior to each class

\* Participants must be 15 years or over

\* Please bring a towel and water bottle

\* A medical clearance is required for any known medical conditions prior to participation

\*No leeway for lateness

\* Classes are correct at the time of printing and the City reserves the right to amend as required

\* A Doctors referral is required to attend Strength for Life classes



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