




































# GROUP FITNESS TIMETABLE

 Class is 30 minutes in duration




















 Class is 1 hour in duration

 Class is 45 minutes in duration


## STUDIO 1: FUNCTIONAL TRAINING STUDIO



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
AM	6.00	 STRENGTH & CONDITIONING 1 <sup>h</sup>	 METCON 45 <sup>m</sup>	 STRENGTH & CONDITIONING 1 <sup>h</sup>	 METCON 45 <sup>m</sup>	 STRENGTH & CONDITIONING 1 <sup>h</sup>	
	8.30					 SOCIAL SATURDAY 1 <sup>h</sup>	
	8.50	 SPIN 40 <sup>m</sup>					
	9.00		 POWER HR 1 <sup>h</sup>	 METCON 30 <sup>m</sup>	 SPIN 30 <sup>m</sup>  MICROBAND 30 <sup>m</sup>	 METCON 30 <sup>m</sup>	
	9.30	 BOXERVATION 1 <sup>h</sup>		 POWER HR 1 <sup>h</sup>	 BOXFIT 30 <sup>m</sup>	 POWER HR 1 <sup>h</sup>	 BOXFIT 1 <sup>h</sup>
10.00		 METCON 30 <sup>m</sup>					
10.30							 METCON 45 <sup>m</sup>
PM	12.00		 SFL 1 <sup>h</sup>		 SFL 1 <sup>h</sup>		
	4.30	 BOXFIT 1 <sup>h</sup>	 METCON 30 <sup>m</sup>		 METCON 30 <sup>m</sup>		
	5.00		 STRENGTH & CONDITIONING 1 <sup>h</sup>		 BOXFIT 1 <sup>h</sup>		
	5.30	 METCON 30 <sup>m</sup>		 METCON 30 <sup>m</sup>			
	6.00	 SPIN 30 <sup>m</sup>  STRENGTH & CONDITIONING 1 <sup>h</sup>	 BOXFIT 1 <sup>h</sup>	 STRENGTH & CONDITIONING 1 <sup>h</sup>	 SPIN 45 <sup>m</sup>		

## STUDIO 2: GROUP FITNESS STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
AM	8.00			 BLOOM 1 <sup>h</sup>			
	8.30					 LESMILLS BODYBALANCE 1 <sup>h</sup>	
	9.00	 LESMILLS BODYBALANCE 1 <sup>h</sup>	 LESMILLS BODYPUMP 30 <sup>m</sup>	 LESMILLS BODYATTACK 45 <sup>m</sup>	 FREESTYLE CORE 30 <sup>m</sup>		
	9.30		 LESMILLS BODYBALANCE 1 <sup>h</sup>		 FUNCTIONAL FRIDAY 1 <sup>h</sup>		
	9.35	 HIIT FIIT 40 <sup>m</sup>					
	9.45				 LESMILLS BODYPUMP 45 <sup>m</sup>		
10.15	 YOGA 1 <sup>h</sup>						
PM	4.30				 LESMILLS BODYATTACK 45 <sup>m</sup>		
	5.00		 LESMILLS BODYPUMP 1 <sup>h</sup>				
	5.15				 LESMILLS BODYPUMP 1 <sup>h</sup>		
	6.00	 LESMILLS BODYPUMP 45 <sup>m</sup>	 LESMILLS BODYBALANCE 1 <sup>h</sup>	 XTREME HIP-HOP 1 <sup>h</sup>			
	6.15				 YOGA 1 <sup>h</sup>		
6.45	 LESMILLS BODYATTACK 45 <sup>m</sup>						

## POOL: AQUA AEROBICS

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
AM	7.30	 REVITALISE AQUA 1 <sup>h</sup>		 REVITALISE AQUA 1 <sup>h</sup>	 AQUA AI CHI 1 <sup>h</sup>	 REVITALISE AQUA 1 <sup>h</sup>	
	9.15	 AQUA FIT 1 <sup>h</sup>		 AQUA FIT 1 <sup>h</sup>		 AQUA FIT 1 <sup>h</sup>	 AQUA FIT 1 <sup>h</sup>
PM	6.15		 BUMS & TUMS 45 <sup>m</sup>				
	6.45	 AQUA HIIT 45 <sup>m</sup>					
	6.50			 AQUA HIIT 45 <sup>m</sup>			

 25m Pool  
 Hydro Pool

## CLASS DESCRIPTIONS

Strength and Conditioning	Strength & Conditioning	Recquatic Strength and Conditioning sessions are a personal approach to enhancing and developing fundamental skills and movements built in our power hour classes. RSC is guaranteed to deliver a broader approach to strength and conditioning, providing a closer insight and education on movements focusing on technique and workout strategies.
	Power HR	If you're someone who wants to build strength and burn fat in the process, then this is the class for you. Power Hour is aimed at building knowledge, skill and sturdy foundations through an all-encompassing strength and conditioning program. Power Hour is suitable for any and all fitness and skill levels! Power Hour will leave you humbled, motivated and craving more!
	Metcon	Welcoming to all fitness levels Metcon is Fast, Fun, and Functional! This is a perfect class for those who want a short sharp workout that will burn those calories. Metcon is a 30-45minute intense onslaught of all-encompassing functional movements designed to have you feeling accomplished and motivated.
	Boxfit	A boxing and martial arts style class, utilising the freestanding bags and focus mits to kick, punch and knee your way to fitness.
	Spin	Freestyle spin classes that cater to all fitness levels. Your instructor will guide you through a 30min class utilising the bike's resistance to create a challenging class increasing your cardio fitness.
	Body Pump	Using light to moderate barbell weight BODYPUMP™ is a barbell workout for anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout.
	LA Step	We have combined cardio, the step board, feel good music and lots of swag to provide our participants with a fresh spin on an old concept. We are making STEP great again!
	Body Attack	BODYATTACK™ is a high-energy fitness class with moves that cater for beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises.
	Body Combat	Step into a BODYCOMBAT™ workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way.
	Microbands	Microbands focuses on activation and strengthening through the use of microbands. This class will focus on both the stability on mobility in order to build your foundation and develop your strength.
	Core	CORE™ is an intense core workout, designed to build strength, stability and endurance in the muscles that support your core, including the abdominals, glutes and back muscles.
	Boxervation	A class with a variety of formats. Targeting technique, conditioning and over all fitness using key boxing principles, boxing combinations crossed with core and strength based movements to create the better boxer within you.
	Hiit Fiit	A 40min complete workout that incorporates body weight and resistance-based exercises that will push you to your limits. You can expect HIIT elements and functional training, which is designed to burn fat and build strength.
	Social Saturdays	Social Saturdays is a class for you, the Recquatic fitness community. Social Saturdays are all about having fun and working out together! This class will consist of group and partner workouts programmed to be enjoyable and challenging!
	Wellness	Super Sunday
Freestyle CORE		A 30 minute session focusing on building your strength and awareness. Targeting your core, lower back and glutes.
Functional Friday		A class for everyone and their individual goals. Keeping it FUN-ctional, you're guaranteed to get a sweat up, improve your skills, expand your knowledge and get stronger
Yoga		Vinyasa Flow Yoga - a dynamic type of Yoga that uses a progressive series of postures while performing breathing exercises. Each movement is accompanied by one breath, both inhaling and exhaling. The poses are not held in a fixed position for long and flow with rhythm to achieve synchronisation.
Body Balance		BODYBALANCE™ is the yoga-based class that will improve your mind, your body, and your life. During BODYBALANCE™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.
Aquatic	Aqua Fit	A low impact water class utilising the water for resistance along with various aqua equipment. Aqua Fit is a full-body workout building strength and cardio fitness.
	Aqua Hiit	A 45 minute High Intensity Interval Training water class utilising the water for resistance along with various aqua equipment. A full-body workout which will work on your cardio fitness get you burning those calories.
	Revitalised Aqua	Conducted in our hydrotherapy pool, a low impact water class utilising the water for resistance along with various aqua equipment. Revitalised Aqua is a full body workout building strength and cardio fitness.
	Aqua Ai Chi	An aqua based relaxation class that combines Tai Chi, yoga and flow to help increase flexibility, balance and strength. This class is great for all ages and fitness levels.
	Bums & Tums	Bums and Tums is an aqua based class focusing on working your core, inner thighs and glutes using aqua bands and other aqua based equipment.
Over 50s	Bloom	Formally Seniorsational, Bloom is a brand new program, encompassing of multiple areas of health, fitness and well-being. With a strong focus on the social and community benefit of exercise Bloom will get your mind, soul and body to the best place its ever been.
	SFL	Formally Living Longer Living Stronger, Strength for Life is an evidence - based progressive strength training and group exercise program designed specifically for over 50's.