

CITY FITNESS

GROUP FITNESS TIMETABLE

SEMESTER TWO 2016

- **CARDIO & STRENGTH**
- **FUNCTIONAL TRAINING**
- **LES MILLS**
- **WELLNESS**
- **DANCE**

START TIME	MON		TUES		WED		THU		FRI	
	GF	GS	GF	GS	GF	GS	GF	GS	GF	GS
7:30 AM			HIIT & ABS 45 MINS		BODY PUMP 45 MINS					
12:00 PM	BODY ATTACK 45 MINS	YOGA 45 MINS	BODY PUMP 45 MINS		BODY ATTACK 45 MINS	YOGA 45 MINS	GRIT & CORE 45 MINS		KBT 45 MINS	CYCLING 50 MINS
12:45 PM	ZUMBA 30 MINS		PILATES 45 MINS		ZUMBA 30 MINS		PILATES 45 MINS		YOGA 60 MINS	
5:30 PM	BODY PUMP 60 MINS	CYCLING 50 MINS	POWER CIRCUIT 30 MINS	HIP HOP YOGA 60 MINS		CYCLING 50 MINS	BODY ATTACK 60 MINS		BODY PUMP 60 MINS	
6:00 PM			CORE 30 MINS							
6:30 PM	BOXING 60 MINS		BODY ATTACK 60 MINS		BODY PUMP 60 MINS		YOGA 60 MINS			

RMIT City Fitness

Building 8, Level 3
360 Swanston Street
Melbourne

Operating Hours

Monday to Thursday: 6.30am to 9pm
Friday: 6:30am to 8pm
Saturday: 11am to 5pm
Sunday and Public Holidays: Closed

Contact

Tel: +61 3 9925 2874
Email: fitness@rmit.edu.au
www.rmit.edu.au/students/gym

LEGEND

GF	GROUP FITNESS (08.03.47)
GS	GROUP STUDIO (08.03.24)

NOTE: Timetable valid from 18 July 2016 to 14 October 2016. Timetable subject to change.



CLASS DESCRIPTIONS

CYCLING

Have fun while increasing your cardiovascular fitness, burn fat and tone your body in this high intensity class using stationary bikes.

BODY PUMP

BODYPUMP® is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!

PILATES

Pilates helps improve body awareness and posture while focusing on your breathing to decrease stress levels. Pilates targets abdominal, back and shoulder muscles whilst strengthening the pelvic floor and core to improve coordination and balance.

KBT

Kettle Bell Training (KBT) improves your strength, conditioning your body, increasing your heart rate whilst making your sweat. The class is suitable for beginners through to experienced gym users.

BODY ATTACK

BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor.

BOXING

This high intensity class improves cardiovascular fitness, muscular endurance, speed and co-ordination all while reducing stress levels through throwing punches.

CORE

All movement emanates from the core, so strong and well-functioning abdominal and back muscles are essential to lift any load - and not just in the gym! This class focuses on re-building the core muscles. There's much more to strong abdominals than crunches!

GRIT & CORE

GRIT™ Strength is a high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super-fast. The short sharp demanding exercises combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.

YOGA

Yoga is designed to increase mental and physical awareness through poses and stretching exercises. With emphasis on breathing Yoga assists in balancing and conditioning the body whilst increasing your endurance and stamina.

HIP HOP YOGA

Incorporating various yoga-styles, this class is set to the best hip hop beats - new and old! This is a fun and light hearted way to experience yoga.

HIIT & ABS

If you're looking for fat loss and fitness, this class is for you. High Intensity Interval Training (HIIT) will push you to your limits! Complete with an ab training finale to complement your workout – your body will love you for it!

POWER CIRCUIT

This is a fast-paced workout which focuses on getting the heart rate up while building strength. Circuits and exercises vary with each class to keep your workout fun.

ZUMBA

Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® fitness classes are often called exercise in disguise.



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