

# Group Fitness Timetable

## Semester 1, 2017\*

Start time	Monday	Tuesday	Wednesday	Thursday
9am		Gentle Exercise		
12:30pm		Yoga		Body Pump
5:15pm	Body Pump	Boxing	Cycling	Yoga
6:15pm		Yoga		Cycling

\* Timetable valid from 30 January 2017 to 26 May 2017

### Body pump

Want results, fast? This original barbell class strengthens your entire body, challenging all your major muscle groups by using the best weight-room exercises such as squats, presses, lifts, and curls.

### Boxing

Learning how to throw a punch is a great way to reduce stress! This high-intensity class improves cardio fitness, muscular endurance, speed and coordination.

### Cycling

This high-intensity class uses stationary bikes. Have fun while increasing your cardio fitness, burning fat and toning your body.

### Gentle exercise

This class is a modified strength and conditioning work-out designed to improve your strength, bone density and posture using Therabands, foam rollers and Swiss balls.

### Yoga

Increase mental and physical awareness through poses, stretching exercises and emphasis on breathing. It will balance and condition the body while increasing your endurance and stamina.

#### Key

- Les Mills
- Cardio and strength
- Wellness