

CLASS DESCRIPTIONS

BODYATTACK® A high-energy, fun and athletic workout focused on cardio fitness, stamina and agility. Combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. These sports-inspired exercises will also build cardio stamina, improve coordination and agility.

BODYBALANCE® A yoga-based workout ideal for anyone wanting to improve their flexibility, core strength and sense of wellbeing. Combining yoga, Tai Chi and Pilates movements in addition to the yoga exercises. BODYBALANCE improves flexibility and core strength while reducing stress levels, and focusing the mind to create a lasting sense of wellbeing and calm.

BODYCOMBAT® A high energy martial arts-inspired, whole body workout that builds superior fitness and core strength. If you want to blast your stress levels and build your fitness, BODYCOMBAT is the total package. It works the legs, tones the arms, back and shoulders and provides phenomenal core training. At the same time, it burns up the calories, develops coordination, agility and speed, and leaves them feeling empowered.

BODYPUMP® A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP is a total body workout. With scientifically proven moves and great, pumping music, it's a fantastic and motivating class.

BODYSTEP® An invigorating and effective full body cardio workout for anyone looking to get fit and tone up. Basic stepping is at the heart of this class. Cardio blocks push the body into high gear, increasing cardio fitness, while lunges, squats and other exercises work the legs and glutes to tone and strengthen the muscles.

BOXING This class will enhance cardio fitness as well as improve muscle density. This total body workout provides a variety of boxing techniques that's not only fun but effective.

CORECROSS® An addictive circuit style class that gives a total body workout, while keeping your core buzzing for a whole hour. Burn fat, get stronger and leaner, feel and move better.

CXWORX™ A core training workout that delivers quick results for all fitness levels. It is the ideal way to increase core strength whilst improving functional strength and assisting in injury prevention.

DANCE FIT A fun, high energy workout featuring a mixture of different dance styles, aerobic and cardio fitness all mixed into one class set to a blend of upbeat pumping music.

FAT BURNER A fantastic cardiovascular workout with a toning component. It is a great class to burn fat, tone muscles, increase fitness and have fun.

GRIT STRENGTH High Intensity Interval Training to take your fitness to a new level with a combination of strength, power, plyometric and cardio circuit sequences. Grit accelerates fat-burning and hormonal benefits that enhance health and wellbeing.

INTERACTIVE For the young at heart. A low intensity class designed just for you. This class offers a variety of land based exercises to increase functional strength and fitness. So much fun you won't know you're exercising.

PILATES An exercise session in body awareness that provides you with the skills to master your own physical destiny. It consists of a series of exercises focusing on the abs, lower back and buttocks. Re shape your body by increasing muscle strength, flexibility and coordination.

RPM™ A group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. With great music pumping and the group riding as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

SPRINT™ Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact. In Les Mills Sprint you will smash your fitness goals and burn calories for hours after each workout.

YOGA Great for improving flexibility, this class is for everybody. Combined body and mind awareness plus improved breathing techniques and stress management.

ZUMBA® The hottest Latin dance-inspired workout that has changed the face of fitness across the world! Zumba® uses hypnotic Latin rhythms and easy to follow moves as well as interval training sessions where fast and slow rhythms and resistance training are combined to create a calorie-burning and energising workout while toning and sculpting.

AQUA DESCRIPTIONS

AQUA BOOTCAMP this class features interval training, power and propulsive moves to challenge you without the stress on back and joints due to the buoyancy of the water. Aquabells and noodles may be used to enhance the workout. This is the most challenging of our aqua fitness classes.

AQUA DEEP (Beginner to Advanced) A great cardiovascular workout using a buoyancy belt in the deep water. There is no impact on the joints making it a perfect environment for those with injuries or limitations. This class is suitable for beginners to advanced. Confidence in deep water is required.

AQUA FITNESS (Beginner to Advanced) This is a shallow water cardiovascular workout. Low impact, with little choreography, designed to increase the heart rate. Great workout for Abs, butts and thighs. (Program pool)

AQUA LITE (All fitness levels) A gentle low impact class in shallow water. This class to suit all fitness levels. The water reducing impact on the joints by supporting up to 85% of body weight, making it a perfect environment for those with injuries or limitations. (Program pool)

EARLY RISE AQUA (All fitness levels) Wake yourself up with this shallow water aqua class. Minimal choreography that will suit all levels of fitness. You control the intensity, making it as hard or as easy as you like. This class is a combination of cardio and resistance training. (Program pool)

aquafit 
Health. Fitness. Wellbeing.



Group Fitness TIMETABLE

www.aquafit.com.au

46 297 297 • info@aquafit.com.au

Old Menangle Road, Campbelltown

Health.
Fitness.
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FIND US ON  

Spring

SUNDAY 1ST SEPT 2019 – SATURDAY 30TH NOVEMBER 2019

(Excludes Public Holiday 7th October)

STUDIO 1							
	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 am		● GRIT STRENGTH 30		LES MILLS BODYPUMP 60			
6:15 am			LES MILLS BODYBALANCE 60		LES MILLS CXWORX 30		
6:30 am	LES MILLS CXWORX 30						
8:00 am						LES MILLS CXWORX 30	
8:30 am	PILATES 60	FAT BURNER 60	PILATES 60			LES MILLS BODYATTACK 45	
9:30 am	LES MILLS BODYPUMP 60	ZUMBA FMS 60	LES MILLS BODYATTACK 60	LES MILLS BODYSTEP 60	DANCE FIT 50	LES MILLS BODYPUMP 60	LES MILLS BODYPUMP 60
10:30 am	CoreCross 60	LES MILLS CXWORX 30	LES MILLS BODYPUMP 45	LES MILLS CXWORX 30	LES MILLS BODYBALANCE 60	ZUMBA FMS 60	
11:00 am		INTERACTIVE 45					
11:30 am	YOGA 60			PILATES 60			
3:30 pm						YOGA 60	
4:30 pm	LES MILLS BODYCOMBAT 60	LES MILLS BODYATTACK 30					LES MILLS BODYBALANCE 60
5:00 pm		LES MILLS CXWORX 30	LES MILLS BODYPUMP 30	DANCE FIT 50	YOGA 60		
5:30 pm	LES MILLS BODYPUMP 45	YOGA 60	LES MILLS BODYSTEP 30				
6:00 pm					LES MILLS BODYPUMP 60		
6:30 pm		LES MILLS BODYPUMP 60	ZUMBA FMS 60	GRIT STRENGTH 30			
7:00 pm				YOGA 60			
7:30 pm	LES MILLS BODYBALANCE 60		PILATES 60				

STUDIO 2							
	MON	TUE	WED	THU	FRI	SAT	SUN
8:30 am			INTERACTIVE 45				
8:45 am						BOXING 45	
9:00 am				PILATES 60			
9:30 am	PILATES 60	YOGA 60	YOGA 60				
10:30 am			PILATES 60	● CoreCross 60			
6:45 pm			GRIT STRENGTH 30				

60 Indicates class time in minutes

● Indicates new class or changed time or location

Aquafit reserves the right to make changes to the timetables i.e. adding or removing classes based on participation levels and seasonal demand.

CYCLE STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am				LES MILLS RPM 45	LES MILLS Sprint 30		
5:45 am	LES MILLS RPM 45	LES MILLS Sprint 30	LES MILLS RPM 45				
7:30 am						LES MILLS RPM 45	
8:30 am						LES MILLS RPM 45	LES MILLS RPM 45
8:45 am	LES MILLS RPM 30						
9:30 am		LES MILLS RPM 45	LES MILLS RPM 45	LES MILLS RPM 45	LES MILLS RPM 45		
4:45 pm	LES MILLS RPM 45			LES MILLS Sprint 30	LES MILLS RPM 45		
5:45 pm	LES MILLS RPM 45	LES MILLS RPM 45	LES MILLS RPM 45				
6:45 pm			LES MILLS RPM 45				

NOTE: No cycling shoes are to be worn outside the cycle studio

AQUA							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 am		EARLY RISE AQUA 45		EARLY RISE AQUA 45			
8:00 am							AQUA FITNESS 55
8:30 am	AQUA FITNESS 55	AQUA FITNESS 55	AQUA FITNESS 55	● AQUA FITNESS 55	AQUA FITNESS 55	AQUA BOOTCAMP 55	
9:15 am							
9:30 am	AQUA FITNESS 55	AQUA FITNESS 55	AQUA FITNESS 55	AQUA FITNESS 55	AQUA DEEP 45	AQUA FITNESS 55	
10:15 am							
10:30 am	AQUA LITE 45		AQUA LITE 45		AQUA FITNESS 55		
6:00 pm	AQUA FITNESS 55		AQUA FITNESS 55				
6:30 pm		AQUA FITNESS 55					

SAFETY

If you have any pre-existing conditions we advise you to consult your medical practitioner prior to undertaking any class. We also advise you to inform your group fitness instructor. No participants are to join classes once they have commenced. To participate in BODYPUMP or BOXING you must be 16 years or over.

PLEASE REMEMBER

- Bring your gym towel and water bottle to every class
- All classes require a token
- Tokens can be collected from reception 1 hour before the class
- No bags or mobile phones are permitted at any time in the studios

AQUAFIT HOURS

Monday - Wednesday	5am - 10pm
Thursday - Friday	5am - 9pm
Saturday	6am - 6pm
Sunday	7am - 6pm
Public Holidays	8am - 6pm

KIDZ KORNER

\$3 per child: \$6 per family (2 or more children) Maximum 2 hours

Monday - Friday	8:15am - 12:30pm
Monday - Thursday	3:45pm - 7:00pm
Saturday	8:15am - 12:00pm

Find this timetable online at: aquafit.com.au