

# GESAC GROUP FITNESS TIMETABLE

Week of December 13- 19

Bookings required via member portal

STUDIO WONDER							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	BodyPump	Dumbbell Circuit	Les Mills Tone	Dumbbell Circuit	Virtual BodyPump		
7am	Virtual Les Mills Core	Virtual BodyPump	Virtual BodyCombat	Virtual Les Mills Core			
8am			Activate Strength				
8.25am	Activate Strength	Virtual Les Mills Core		Virtual Les Mills Core	Activate Strength	BodyAttack	BodyPump
9.25am	BodyPump	Dumbbell Circuit	Dance	BodyPump	BodyStep	BodyPump	Zumba
10.35am	Zumba	Activate Strength	Virtual GRIT	Activate Circuit	Virtual Les Mills Core	BodyCombat	Virtual Les Mills Core
11.30am							
12pm	Virtual BodyPump	Virtual Les Mills Core	Virtual BodyPump	Virtual BodyCombat	Virtual BodyPump	Virtual Les Mills Core	Virtual BodyPump
4pm	Virtual BodyPump	Virtual Les Mills Core				Virtual BodyPump	Virtual Les Mills Core
5pm	Virtual Les Mills Core	Virtual BodyPump	Virtual Les Mills Core	Virtual BodyPump	Virtual BodyPump	Virtual Les Mills Core	Virtual BodyPump
6pm	BodyPump	BodyCombat	BodyPump	Les Mills Tone	Dance	Virtual Sh'Bam	Virtual BodyCombat
7pm	BodyAttack	Virtual Sh'Bam	BodyStep	Virtual Les Mills Core			

STUDIO TWO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am	Boxing HIIT	Virtual Yoga	Virtual BodyBalance	Virtual Pilates	Virtual Yoga		
7.00am							
8.25am							Pilates
9.35am	Flow Yoga	Pilates	Yin Yoga	Boxing HIIT	Pilates	Pilates	Barre
10.40am	Beginners Yoga	Vinyasa Yoga			Beginners Yoga	Vinyasa Yoga	Virtual BodyBalance
12pm	Virtual BodyBalance	Virtual Pilates	Virtual Yoga	Virtual BodyBalance	Virtual Pilates	Virtual BodyBalance	Virtual Yoga
6.00pm	Virtual Piloxing	Flow Yoga	Core	Virtual Pilates	Virtual BodyBalance	Virtual BodyBalance	Virtual Yoga
7.10pm	Vinyasa Yoga	Beginners Yoga	Virtual BodyBalance	Virtual Yoga			

BIKE LAB							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	Cycle	The Trip	RPM	Cycle	Sprint		
7am	Virtual Trip	Virtual RPM	Virtual Sprint	Virtual Trip	Virtual RPM		
8.25am						The Trip	Virtual Trip
9.25am	Cycle	Cycle	Cycle	The Trip	Cycle	The Trip	The Trip
12pm	Virtual Trip	Virtual RPM	Virtual Sprint	Virtual Trip	Virtual RPM		
4pm	Virtual Sprint	Virtual Trip	Virtual RPM	Virtual Trip	Virtual RPM	Virtual RPM	Virtual Trip
5pm	Virtual Trip	Virtual RPM	Virtual Trip	Virtual RPM	Virtual Trip	Virtual Trip	Virtual RPM
6pm	RPM	Cycle	RPM	The Trip			
7pm	Virtual Trip	Virtual Sprint	Virtual Trip	Virtual Sprint			

AQUA FITNESS							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am	Swim Fit		Swim Fit				
7.30am	Aqua Fitness				Aqua Fitness	Aqua Fitness	
8.30am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		
9.30am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		

TRAINING ZONE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am			HIIT		Functional Strength		
9.35am	Functional Strength	HIIT	Functional Strength	HIIT		HIIT	HIIT
5.15pm			HIIT				
7.05pm	HIIT	Functional Strength		Functional Strength			

# GROUP FITNESS class descriptions

## LES MILLS PROGRAMS:

**BodyAttack** 55mins/45mins  
Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.

**BodyStep** 55mins  
An energising step workout including adjustable step height and simple moves will push fat burning systems into high gear.

**BodyPump** 30/55/45mins  
The original barbell class that strengthens and tones your entire body to ensure you get results fast. \*\*

**BodyCombat** 55mins/45mins  
The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.

**BodyBalance** 55mins/30mins  
A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. \*\*

**Les Mills Tone** 45mins/55mins  
Combining High Intensity Interval based cardio (HIIT) with Strength and Core training, this class will get you results fast. Designed to optimise your training to tone and shape your entire body, HIIT cardio burns big calories, while strength and core training builds lean muscle tissue.

**Les Mills Core** 45mins  
Previously named Cxworx, this cutting edge core training is designed to challenge your entire core unit – posterior chain, abdominals, obliques and more.

**Sh'Bam** 45mins  
Featuring simple but seriously hot dance moves. Suitable even if you are dance-challenged.

**GRIT** 30mins  
Cardio, strength and plyometric high intensity interval training to get you fit, fast.

**The Trip** 45mins  
A multi peak, completely immersive cycling experience, switch off reality and ride into new worlds in every single class. As you are drawn into the visual experience of the ride you forget how hard you are working. GESAC is proud to be one of the few gyms in Australia to offer this exclusive program. \*Please note this class includes lighting and visual effects that may cause motion sickness.

**REFORMER PILATES** 45min  
Improvements in core strength, posture and flexibility are just some of the many benefits offered by Reformer Pilates.

We provide state-of-the-art peak reformer beds, two dedicated studios at GESAC and Caulfield Recreation Centre and amazing instructors to coach you.

There are a range of class styles to suit all levels of experience.

For hygiene purposes, all participants must wear socks throughout the class.

See our Pilates by GEL timetable for class descriptions.

## FREESTYLE PROGRAMS:

**Boxing HIIT 45** 45mins  
Boxing 45 – Boxing is back with a new format. Train circuit style on our new Boxing Rig as you hone your bag skills and mix up your fitness training. \*Participants must bring own gloves.

**Zumba** 55mins  
The Latin-inspired dance class that is hugely popular worldwide — join the party.

**Vinyasa Yoga** 55mins  
These classes follow a specific series of flowing poses that connect breath, with body and movement. Typically a stronger and more intense style of Yoga.

**Beginners Yoga** 55mins  
A slower-paced class that introduces the fundamental poses of yoga. Gentle movements with an emphasis on proper alignment and breathing techniques. \*\*

**Flow Yoga** 55mins  
A 55 minute series of flowing poses following the breath, suitable for all levels.

**Yoga Nidra** 30/60mins  
Yoga Nidra or yogic sleep as it is commonly known is an immensely powerful meditation technique and one of the easiest yoga practices to develop and maintain. While the practitioner rests comfortably, this systematic meditation takes you through the pancha maya kosha (five layers of self), leaving you with a sense of wholeness.

**Yin Yoga** 55mins  
A gentle style of Yoga where postures are held for longer. The class focusses on restoration, relaxation and stress reduction and includes a restorative meditation. \*\*

**Core 45** 45mins  
Targeting your mid-section with functional strength exercises, muscle toning and stability work.

**Pilates** 55mins  
Pilates techniques with abdominal work, functional strength training and stretching. \*\*

**Barre** 45mins  
A fun energetic workout that targets your whole body with strengthening and toning exercises. Classes may include weight and theraband work.

**Dance** 45min  
Experience the ultimate dance fitness workout choreographed to favorite tunes from all around the world, from k-pop to hip hop, reggaeton, to Latin fusion.

## ACTIVATE PROGRAMS:

(Free — part of Activate (60+) and Gold memberships)

### STUDIO ONE

**Activate Strength** 45mins  
Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.

**Activate Circuit** 45mins  
Strength and cardio circuit specifically designed for older adults of all fitness levels.

**Zumba Gold** 45mins  
Specifically designed for older adults and beginners, including Latin-inspired rhythms and funky dance routines.

### STUDIO TWO

**Activate Pilates** 45mins  
Designed for older adults to improve balance, core strength and stability through pilates techniques.

**Activate Tai Chi** 55mins  
Promotes mental awareness and improves balance, control and wellbeing. Designed for beginners and older adults.

## TRAINING ZONE PROGRAMS:

**HIIT** 45 mins  
High Intensity Interval Training – 45 minutes of interval based training, work as hard as you can and then recover. HIIT is scientifically proven to get results fast. Your HIIT trainer will coach you through your efforts keeping you working hard and training smart.

**Functional Strength** 45 mins  
An introduction to strength training; learn the basic training principles, benefits and major movements of strength training. Each class will work your full body and help you become comfortable with using a barbell. Under the guidance of your trainer; you will learn many functional movements that will allow you to move

## VIRTUAL FITNESS

Virtual Fitness classes are conducted in the Cycle Studio, Mind and Body Studio and Group Fitness Studio One.

Classes are conducted with a virtual instructor/s. Please arrive five minutes prior to the session to set up.

Please ask staff for assistance if needed.

\*\* Denotes classes suitable or specialised during pregnancy. Please inform the instructor BEFORE the class starts so they can provide alternate options throughout the class.



## AQUATIC PROGRAMS:

**Aqua Fitness** 45mins  
A fun, energetic cardio workout in the 25 metre pool. \*\*

**Hot Aqua** 45mins  
Conducted in the hot water therapy pool, combining aqua exercise with the benefits of warm water exercise.

**Aqua Pilates** 45mins  
Combining pilates techniques with aqua exercise. Improve your core strength, posture and joint mobility in the warm water pool.

**Swim Fit** 60/90mins  
You will learn about pacing, stroke strength, stroke rate and open water skills. Regular time trials will help you gauge improvement.

**Deep Water Fitness** 45mins  
Utilising the buoyancy belts, challenge your core and fitness as you run and exercise in deep water.  
\*This class is seasonal and subject to weather.

## CYCLE PROGRAMS:

**RPM** 45mins  
Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.

**Cycle** 45mins  
An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.

**SPRINT** 30mins  
High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Personalised coaching with intervals of strength, speed and power will push you to the max.

**The Trip** 45min  
THE TRIP is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories.\*Please note The Trip contains effects that may affect people suffering from photo-sensitivity and motion sickness.

## GESAC UNLIMITED:

Bookings are essential, contact Cam Lee on 0423 200 027.

## Hot Wheels

Ideal for, but not limited to, people who use a wheelchair and require extra support. Sessions involve supported movement to improve strength, co-ordination, flexibility and wellbeing.

## Fast and Furious

An all-abilities program designed for enthusiastic and energetic people able to follow directions with minimal support.

## Wheelie Fit

Suitable for anyone in a self-propelled wheelchair. Sessions include functional strength and conditioning suited to participants and are conducted on the gym floor.

