

GESAC

GROUP FITNESS TIMETABLE EDITION 29

Please note: classes are subject to change. For permanent changes to the timetable, check GESAC's website at www.gesac.com.au



WHAT'S HAPPENING AT GESAC?

Reformer Pilates

Reformer Pilates has now launched at GESAC.

Please note: bookings open 30 minutes prior to the class starting and there is a separate timetable (not included on Group Fitness timetable).

Introducing Les Mills Sprint

Want to avoid high impact exercises? Jump on a bike and try this 30 minute high intensity interval training — a great way to get super fit, super-fast.

Live vs virtual classes

GESAC now offers you more opportunities to attend a Group Fitness class with its virtual fitness offering. If a regular (live) class is under performing, we will replace it with a virtual class. If a virtual class becomes popular, we can turn it into a live class.

This timetable we are excited to announce the return of Friday Sprint from virtual to live.

MIND AND BODY STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	VIRTUAL BODYBALANCE	PILATES 45	VINYASA YOGA 45	POWER PILATES 45	VIRTUAL BODYBALANCE		
7.05AM		VIRTUAL YOGA		VIRTUAL BODYBALANCE			VIRTUAL YOGA
8AM	VIRTUAL BODYBALANCE	ACTIVATE TAI CHI	VIRTUAL PILATES	ACTIVATE PILATES	ACTIVATE TAI CHI	VIRTUAL PILATES	
8.30AM							PILATES 45
9.00AM						BOXING 45 — TERRACE	
9.15AM							BARRE
9.25AM	HATHA YOGA	PILATES	HATHA YOGA	BARRE	PILATES		
10AM						VINYASA YOGA	BODYBALANCE
10.35AM	BEGINNERS YOGA	YOGA	VIRTUAL BODYBALANCE	VIRTUAL YOGA	BEGINNERS YOGA		
11AM						BARRE	
12PM	VIRTUAL PILATES		VIRTUAL BODYBALANCE	VIRTUAL PILATES			VIRTUAL YOGA
3PM	VIRTUAL PILATES	VIRTUAL YOGA			VIRTUAL YOGA		VIRTUAL BODYBALANCE
4PM	VIRTUAL YOGA	VIRTUAL BODYBALANCE	VIRTUAL PILATES	VIRTUAL BODYBALANCE	VIRTUAL PILATES		VINYASA YOGA
5PM	VIRTUAL BODYBALANCE		VIRTUAL YOGA	VIRTUAL PILATES	VIRTUAL BODYBALANCE	VIRTUAL BODYBALANCE	
6PM	VINYASA YOGA 45	VINYASA YOGA 45	CORE 45	BARRE	YIN YOGA	VIRTUAL YOGA	VIRTUAL PILATES
7PM	PILATES	BEGINNERS YOGA	PILATES	FLOW YOGA			
8PM	VIRTUAL BODYBALANCE	VIRTUAL PILATES					
9PM	VIRTUAL PILATES	VIRTUAL BODYBALANCE 45	VIRTUAL YOGA	VIRTUAL BODYBALANCE 45			



GLEN EIRA SPORTS AND AQUATIC CENTRE

200 East Boundary Road, Bentleigh East | T 9575 7100 | F 9579 7451

National Relay Service: TTY dial 13 36 77 or Speak and Listen 1300 555 727 or

<https://internet-relay.nrsccall.gov.au/> then ask for 03 9524 3333

info@gesac.com.au | www.gesac.com.au | www.facebook.com/GESAConline | [@gleneira leisure](https://www.instagram.com/gleneira leisure)

GLEN EIRA
CITY COUNCIL

Bentleigh • Bentleigh East • Brighton East • Carnegie • Caulfield • Elsternwick • Gardenvale • Glen Huntly • McKinnon • Murrumbena • Ormond • St Kilda East

GROUP FITNESS STUDIO ONE

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	BODYPUMP 45	GRIT	LES MILLS TONE 45	BODYPUMP 45	GRIT		
6.30AM		VIRTUAL CXWORX			VIRTUAL CXWORX		
7.05AM	VIRTUAL CXWORX	VIRTUAL BODYPUMP 45	VIRTUAL GRIT	VIRTUAL CXWORX	VIRTUAL BODYPUMP 45		
7.30AM						BODYATTACK	
7.45AM							BOXING 45
8AM	ACTIVATE STRENGTH	VIRTUAL CXWORX	ACTIVATE STRENGTH	VIRTUAL BODYPUMP 30	ACTIVATE STRENGTH		
8.30AM						LES MILLS TONE	BODYCOMBAT
8.50AM	VIRTUAL CXWORX	CXWORX	CXWORX	VIRTUAL CXWORX	VIRTUAL CXWORX		
9.25AM	BODYPUMP	BODYCOMBAT	GRIT	BODYPUMP	BODYSTEP	BODYPUMP	BODYPUMP
10.35AM	ZUMBA	BODYPUMP 45	ZUMBA	ACTIVATE CIRCUIT	VIRTUAL BODYPUMP	GRIT	ZUMBA
11.10AM						ZUMBA	
11.45AM				ZUMBA GOLD			
12PM	VIRTUAL BODYPUMP				VIRTUAL BODYPUMP		VIRTUAL GRIT
1PM		VIRTUAL BODYPUMP		VIRTUAL BODYPUMP	VIRTUAL CXWORX	VIRTUAL BODYPUMP	VIRTUAL CXWORX
2PM		VIRTUAL CXWORX		VIRTUAL CXWORX		VIRTUAL CXWORX	VIRTUAL SH'BAM
3PM	VIRTUAL CXWORX					VIRTUAL SH'BAM	VIRTUAL BODYCOMBAT
4PM	VIRTUAL BODYPUMP 45	VIRTUAL CXWORX	VIRTUAL SH'BAM		VIRTUAL BODYPUMP 45	VIRTUAL BODYPUMP	VIRTUAL BODYPUMP
4.50PM	VIRTUAL GRIT	VIRTUAL GRIT		VIRTUAL GRIT	VIRTUAL CXWORX	VIRTUAL CXWORX	VIRTUAL CXWORX
5.25PM	CXWORX	VIRTUAL CXWORX			VIRTUAL BODYPUMP 45		
6PM	BODYPUMP	ZUMBA 45	BODYPUMP	LES MILLS TONE 45		VIRTUAL BODYBALANCE	VIRTUAL SH'BAM
6.50PM		BOXING 45		BODYPUMP/ CXWORX			
7PM	BODYATTACK 45		BODYSTEP		VIRTUAL SH'BAM		
7.45PM	CXWORX	BODYCOMBAT 45		BODYCOMBAT 45			
8.15PM	SH'BAM		SH'BAM				
8.40PM		VIRTUAL BODYPUMP		VIRTUAL CXWORX			
9.10PM	VIRTUAL CXWORX		VIRTUAL BODYPUMP 45				

ACTIVATE PROGRAMS* | FOR OLDER ADULTS

	MON	TUE	WED	THU	FRI
8AM	ACTIVATE STRENGTH	ACTIVATE TAI CHI	ACTIVATE STRENGTH	ACTIVATE PILATES	ACTIVATE TAI CHI
8AM					ACTIVATE STRENGTH
10.35AM	ACTIVATE CIRCUIT	ACTIVATE CIRCUIT	LLLS	ACTIVATE CIRCUIT	LLLS
11.45AM				ZUMBA GOLD	

*For class locations, refer to back page.

AQUATIC PROGRAMS

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	SWIM SQUAD		SWIM SQUAD				
7.30AM						AQUA FITNESS	
8.30AM	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	DEEP WATER FITNESS	
9.25AM	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS		
10.35AM	HOT AQUA	AQUA PILATES		AQUA PILATES			
7.15PM	AQUA FITNESS	AQUA PILATES					
7.30PM			AQUA FITNESS				

CYCLE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	CYCLE	SPRINT	CYCLE	CYCLE	SPRINT		
6.35AM		VIRTUAL RPM			VIRTUAL RPM		
7.05AM	VIRTUAL SPRINT		VIRTUAL RPM	VIRTUAL SPRINT		CYCLE	VIRTUAL SPRINT
8.15AM	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL SPRINT	RPM	RPM
9.30AM	RPM	CYCLE	CYCLE	CYCLE	CYCLE	VIRTUAL SPRINT	VIRTUAL SPRINT
10.35AM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL RPM
12PM	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL SPRINT	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL SPRINT
3PM	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL SPRINT
4PM	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL SPRINT	VIRTUAL RPM
5PM	VIRTUAL SPRINT		VIRTUAL RPM		VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL RPM
6PM	RPM	RPM	RPM	CYCLE	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM
7PM	CYCLE	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT			
8PM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM			
9PM	VIRTUAL SPRINT			VIRTUAL RPM			

FUNCTIONAL ZONE

	MON	TUE	WED	THU	FRI
10.35AM	ACTIVATE CIRCUIT		LLLS	ACTIVATE CIRCUIT	LLLS
6PM		FUNCTIONAL CIRCUIT		CIRCUIT BOX 45	

GESAC UNLIMITED

	MON	TUE	WED	THU	FRI
9.30AM	WHEELIE FIT		WHEELIE FIT		
11.30AM					FAST AND FURIOUS
1.15PM	HOT WHEELS				
1.30PM		FAST AND FURIOUS		FAST AND FURIOUS	

For further information about GESAC Unlimited and our *Attendant Support Program* available at GESAC, contact Cameron Lee on 0415 659 320 or email cameron.lee@marriott.org.au

GROUP FITNESS CLASSES FOR EVERYBODY

All classes incur a one minute ticket lockout due to OHS — please ensure you arrive early to secure your spot.

Please note: activities with 30 or 45 represent an express version of the activity which runs for 30 or 45 minutes. Classes are subject to change without notice. You must have a valid ticket to attend all classes. Tickets are available from reception and the ticket kiosks.

All Activate and Living Longer Living Stronger programs are included in the Activate membership.

GROUP FITNESS class descriptions

LES MILLS PROGRAMS:

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

BodyPump/CXorx 55mins
Combining BodyPump and Cxworx to target your whole body and core this 55 minute class will leave you feeling strong and toned. **

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

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

Les Mills Tone 45mins/55mins
Combining moderate to high intensity athletic cardio, with functional strength and conditioning work and cutting edge core training, this class sets the tone for group fitness. Burn loads of calories as you cross train your entire body to awesome music.

CXworx 30mins
Honing in on your abs, glutes, back, obliques and 'slings' connecting upper and lower body.

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.

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 session to set up.

Please ask staff for assistance if needed.

FREESTYLE PROGRAMS:

Boxing 45 45mins
Combining dynamic cardio and strength drills. Boxing glove liners are compulsory for hygiene purposes.

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.

Hatha Yoga 55mins
Concentrated breathing and poses focus on uniting mind and body. Suitable for all ages and abilities. **

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.

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.

Power Pilates 45mins
An active and intense class that combines functional training with Pilates.

FUNCTIONAL TRAINING:

Circuit Box 45 45mins
Combining boxing drills with the specialised boxing equipment on the gym floor to get you fit fast.

Functional Circuit 30mins
Functional movement training, utilising a variety of equipment in the functional zone. Sessions will be dynamic and challenging.

LIVING LONGER LIVING STRONGER AND 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.

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.

GYM

Living Longer Living Stronger 60mins
Progressive strength training for older active adults designed and endorsed by COTA. Medical clearance, a health assessment and a health club program are required.

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



** Denotes classes suitable or specialised during pregnancy. Please inform the instructor BEFORE the class starts so they can provide alternate options and additional guidance, 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 Squad 60mins
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.

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.