

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



MIND AND BODY STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	VIRTUAL BODYBALANCE	PILATES 45	VINYASA YOGA 45	POWER PILATES 45	VIRTUAL BODYBALANCE		
8AM	VIRTUAL BODYBALANCE	ACTIVATE TAI CHI	VIRTUAL PILOXING	ACTIVATE PILATES	ACTIVATE TAI CHI		
8.30AM							PILATES 45
9.00AM						BOXING 45	
9.15AM							BARRE
9.25AM	HATHA YOGA	PILATES MAT	VINYASA YOGA	BARRE	PILATES MAT		
10AM						VINYASA YOGA	BODYBALANCE
10.35AM	BEGINNERS YOGA	GENTLE FLOW YOGA	VIRTUAL BODYBALANCE	VIRTUAL YOGA	BEGINNERS YOGA		
11AM						BARRE	
12PM	VIRTUAL BODYBALANCE		VIRTUAL BODYBALANCE	VIRTUAL PILOXING			VIRTUAL YOGA
3PM	VIRTUAL PILATES	VIRTUAL PILOXING			VIRTUAL BODYBALANCE		VIRTUAL PILOXING
4PM	VIRTUAL YOGA	VIRTUAL BODYBALANCE	VIRTUAL PILOXING	VIRTUAL BODYBALANCE	VIRTUAL PILATES		VINYASA YOGA
5PM	VIRTUAL PILOXING	VIRTUAL PILATES	VIRTUAL YOGA	VIRTUAL PILOXING		VIRTUAL BODYBALANCE	YOGA NIDRA
6PM	VINYASA YOGA	VINYASA YOGA	CORE 45	BARRE	YIN YOGA	VIRTUAL PILOXING	VIRTUAL BODYBALANCE
7.05PM	BODYBALANCE	BEGINNERS YOGA	PILATES MAT	FLOW YOGA			
8.15PM	VIRTUAL PILATES	VIRTUAL BODYBALANCE	VIRTUAL PILOXING	YOGA NIDRA 30			
9PM	VIRTUAL BODYBALANCE		VIRTUAL BODYBALANCE				

REFORMER PILATES

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
8.30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
9.30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
10.35AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
4PM						REFORMER	REFORMER
5PM						REFORMER	REFORMER
5.30PM	REFORMER	REFORMER	REFORMER				
6PM				REFORMER FUNDAMENTALS			
6.30PM	REFORMER	REFORMER	REFORMER				
7PM				REFORMER			
7.30PM	REFORMER	REFORMER	REFORMER				



GLEN EIRA SPORTS AND AQUATIC CENTRE

200 East Boundary Road, Bentleigh East | T 9575 7100

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@geleisure.com.au | www.geleisure.com.au | www.facebook.com/GESAConline | [@geleisure](https://www.instagram.com/geleisure)

GLEN EIRA CITY COUNCIL

Bentleigh • Bentleigh East • Brighton East • Carnegie • Caulfield • Elsternwick • Gardenvale • Glen Huntly • McKinnon • Murrumbeena • 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		
6.35AM		VIRTUAL LES MILLS CORE			VIRTUAL LES MILLS CORE		
7.05AM	VIRTUAL LES MILLS CORE	VIRTUAL BODYPUMP 45	VIRTUAL GRIT	VIRTUAL LES MILLS CORE	VIRTUAL BODYPUMP 45		
7.30AM						BODYATTACK	
7.45AM							BOXING 45
8AM	ACTIVATE STRENGTH	VIRTUAL LES MILLS CORE	ACTIVATE STRENGTH	VIRTUAL BODYPUMP 30	ACTIVATE STRENGTH		
8.30AM						LES MILLS TONE 45	BODYCOMBAT
8.50AM	VIRTUAL LES MILLS CORE	LES MILLS CORE	LES MILLS CORE	VIRTUAL LES MILLS CORE	VIRTUAL LES MILLS CORE		
9.25AM	BODYPUMP	GRIT	BODYATTACK 45	BODYPUMP	BODYSTEP	BODYPUMP	BODYPUMP
10.35AM	ZUMBA	ZUMBA	ZUMBA	ACTIVATE CIRCUIT	VIRTUAL BODYPUMP	GRIT	ZUMBA
11.10AM						ZUMBA	
11.45AM		ZUMBA GOLD		ZUMBA GOLD			
12PM	VIRTUAL BODYPUMP				VIRTUAL BODYPUMP		VIRTUAL GRIT
1PM		VIRTUAL BODYPUMP		VIRTUAL BODYPUMP	VIRTUAL LES MILLS CORE	VIRTUAL BODYPUMP	VIRTUAL LES MILLS CORE
2PM		VIRTUAL LES MILLS CORE		VIRTUAL LES MILLS CORE		VIRTUAL LES MILLS CORE	VIRTUAL SH'BAM
3PM	VIRTUAL LES MILLS CORE					VIRTUAL SH'BAM	VIRTUAL BODYCOMBAT
4PM	VIRTUAL BODYPUMP 45	VIRTUAL LES MILLS CORE	VIRTUAL SH'BAM		VIRTUAL BODYPUMP 45	VIRTUAL BODYPUMP	VIRTUAL BODYPUMP
4.50PM	VIRTUAL GRIT	VIRTUAL GRIT		VIRTUAL GRIT	VIRTUAL LES MILLS CORE		
5.25PM	LES MILLS CORE	VIRTUAL LES MILLS CORE			VIRTUAL BODYPUMP	VIRTUAL LES MILLS CORE	VIRTUAL LES MILLS CORE
6PM	BODYPUMP	ZUMBA 45	BODYPUMP	LES MILLS TONE 45			
6.45PM		BOXING 45		BODYPUMP 30			
7PM	BODYATTACK 45		BODYSTEP		VIRTUAL SH'BAM		
7.15PM				LES MILLS CORE			
7.45PM	LES MILLS CORE	BODYCOMBAT 45		BODYCOMBAT 45			
8.15PM	SH'BAM		SH'BAM				
8.40PM		VIRTUAL BODYPUMP		VIRTUAL LES MILLS CORE			
9.10PM	VIRTUAL LES MILLS CORE		VIRTUAL BODYPUMP 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	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

CYCLE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	CYCLE	SPRINT	RPM	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 SPRINT	VIRTUAL SPRINT	RPM	RPM
9.30AM	RPM	CYCLE	CYCLE	RPM	CYCLE	VIRTUAL SPRINT	VIRTUAL SPRINT
10.35AM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL SPRINT	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 SPRINT	VIRTUAL RPM	VIRTUAL RPM			

TRAINING ZONE 1 (GYM FLOOR)

	MON	TUE	WED	THU	FRI	SAT	SUN
9.30AM		CIRCUIT BOX 45		CIRCUIT BOX 45			
10.35AM	ACTIVATE CIRCUIT	ACTIVATE CIRCUIT	LLLS		LLLS		
6PM		FUNCTIONAL CIRCUIT		CIRCUIT BOX 60			

TRAINING ZONE 2 (ATHLETIC RIG)

	MON	TUE	WED	THU	FRI	SAT	SUN
5.50AM	STRENGTH & CONDITIONING	HITT	STRENGTH & CONDITIONING	HITT	STRENGTH & CONDITIONING		
7.30AM						HITT	
8.30AM						STRENGTH & CONDITIONING	HITT
9AM		TRX 30					
9.30AM	STRENGTH & CONDITIONING		HITT		HITT		
6PM	HITT		HITT				
7.05PM		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING			

AQUATIC PROGRAMS

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	SWIM FIT 60		SWIM FIT 60				
7.15AM						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			
11AM							SWIM FIT 90
6.30PM			SWIM FIT 60				
6.45PM				SWIM FIT 60			
7.15PM	AQUA FITNESS	AQUA PILATES					
7.30PM			AQUA FITNESS				

All classes incur a five 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 30/55/45mins Ex.
The original barbell class that strengthens and tones your entire body to ensure you get results fast. **

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.

Les Mills Core 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 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.

REFORMER PILATES

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

With state-of-the-art peak reformer beds, a dedicated studio and amazing instructors to coach you, we are excited to offer reformer pilates classes at GESAC.

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

Tickets are available from the ticket kiosk 30 minutes before the class starts. Beds are limited (max 14).

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.

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.

Piloxing 30mins
Piloxing is a fusion of boxing, pilates and fun. A high energy, non-stop workout that will leave you sweaty, feeling great and ready for the rest of your day.

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.

TRAINING ZONE PROGRAMS:

HITT 55 mins

HITT classes will rotate through the following programming:

CLASSIC — 45 second intervals of functional strength and cardio team training.
POWER — Varied intervals of functional cardio and power training to increase performance.
EVEREST — Functional pyramid training intervals to conquer the workout mountain.
ENDURO — Longer work periods of functional cardio and strength training to get the maximum out of yourself.

Strength & Conditioning 45 mins

Teaching the fundamentals of strength and conditioning training these classes are for everyone. Your coaches will take you through moves like squats, presses and deadlifts, focusing on correct technique and biomechanics to help you train safely and effectively.

TRX 30 30 mins

Suspension training combined with bodyweight exercises to get you fit and strong fast.

Circuit Box 45/60 45/60mins
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.

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.

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.