

GESAC TIMETABLE

Commencing 22 March 2021

Classes are 45min unless marked
^indicates 55min classes

STUDIO WONDER

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	BodyPump	HIIT	Les Mills Tone	BodyPump	Virtual GRIT		
7am	Virtual Les Mills Core	Virtual BodyPump	Virtual BodyBalance	Virtual Les Mills Core	Virtual BodyPump		
8am			Activate Strength				
8.25am	Activate Strength	Pilates		Virtual Les Mills Core	Activate Strength	BodyAttack^	BodyCombat
9.25am	BodyPump^	BodyAttack^	Dumbbell Circuit	BodyPump^	BodyStep^	BodyPump^	BodyPump
10.35am	Zumba	Activate Strength		Activate Circuit		Virtual Sh'Bam	Zumba^
12pm	Virtual BodyPump	Virtual BodyCombat	Virtual Les Mills Core	Virtual BodyBalance	Virtual BodyPump		
4pm	Virtual BodyPump	Virtual Les Mills Core	Virtual BodyPump	Virtual Les Mills Core	Virtual BodyBalance	Virtual Les Mills Core	Virtual BodyPump
5pm	Virtual Les Mills Core	Virtual BodyPump	Virtual Les Mills Core	Virtual BodyCombat	Virtual BodyPump	Virtual BodyPump	Virtual Sh'Bam
6pm	BodyPump	BodyCombat	BodyPump	Les Mills Tone	Virtual BodyBalance		
7pm	BodyAttack^	Zumba^	BodyStep^	Les Mills Core			
8.05pm	Sh'Bam	Virtual BodyPump	Virtual Sh'Bam	Virtual BodyPump			

STUDIO TWO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am		Yoga					
8.30am		Tai Chi				Vinyasa Yoga	Pilates
9.30am	Flow Yoga	Vinyasa Yoga	Pilates	Boxing HIIT	Pilates	Pilates^	Barre
10.35am	Beginners Yoga^	Barre	Vinyasa Yoga^	Barre	Beginners Yoga^		
6.05pm	Boxing HIIT		Core	Barre			
7.05pm	Vinyasa Yoga^	Beginners Yoga		Flow Yoga^			

REFORMER

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Reformer		Reformer	Reformer			
8.30am	Reformer		Reformer		Reformer	Reformer	Reformer
9.30am	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer
10.35am	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer
12pm				Reformer			
5.05pm	Reformer						
6.05pm	Reformer	Reformer	Reformer	Reformer			
7.05pm	Reformer	Reformer	Reformer	Reformer			
8.05pm		Reformer					

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	RPM
9.25am	Cycle	Cycle	Cycle	RPM	Cycle	Virtual RPM	Virtual 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	Sprint	The Trip			
7pm	Virtual RPM	Virtual Sprint	Virtual Trip	Virtual Sprint			

AQUA FITNES

	MON	TUES	WED	THURS	FRI	SAT	SUN
7.30am	Aqua Fitness		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
6.10am	Strength		Strength	HIIT	Strength		
8.25am						Strength^	
9.35am	HIIT	HIIT	HIIT		HIIT	HIIT	
6pm			HIIT				
7.05pm	HITT	Strength^		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 45mins
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.

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.

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.

Strength & Conditioning 45 mins
Master technique and learn the benefits of weight lifting in this 1 hour class, 45 minutes of strength training moving through the fundamental movements followed by 15 minutes of conditioning to maximise your training. Your Strength Coach will be there to correct technique and help you find your best in every session.

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.