

GESAC HEALTH CLUB GROUP FITNESS TIMETABLE

Commencing Monday 4 March 2024

Bookings required via member portal

STUDIO WONDER		MON	TUES	WED	THURS	FRI	SAT	SUN
	6am	BodyPump	BodyPump	BodyPump	BodyPump	BodyAttack	BodyPump	
7am	Virtual BodyAttack	Virtual BodyPump	Virtual BodyCombat	Virtual Les Mills Core				
7.30am							BodyPump	
8am			Activate Strength					
8.25am	Activate Strength	Zumba Gold			Dance (8.00am)	Activate Strength		
8.30am							BodyAttack	Les Mills Tone
9.25am	BodyPump	BodyPump	Dance	BodyPump	Tummy, Hips & Thighs			
9.30am							BodyCombat	BodyStep
10.30am	Zumba	Activate Strength	Core	Activate Circuit			BodyPump	BodyPump
12pm	Virtual BodyPump	Mums & Bubs	Virtual BodyPump	Virtual BodyCombat			Virtual BodyAttack	Virtual BodyPump
4pm	Virtual BodyPump	Virtual BodyAttack				Virtual BodyPump (1.00pm)	Virtual BodyPump	Virtual BodyAttack
5pm		Tummy, Hips & Thighs				Virtual BodyPump	Virtual Les Mills Core	Virtual Les Mills Core
6pm	BodyPump	BodyCombat	BodyPump	Les Mills Tone	Zumba		Virtual Sh'bam	Virtual BodyCombat
7pm	BodyAttack	Sh'Bam	BodyStep	BodyCombat				

STUDIO TWO		MON	TUES	WED	THURS	FRI	SAT	SUN
	6.10am	Flow Yoga	Mat Pilates	Hatha Yoga	Flow Yoga ☀️	Mobilise ☀️		
7.30am							Flow Yoga ☀️	
8.30am	Qigong		Tai Chi				Tummy Hips and Thighs	Flow Yoga
9.25am	Flow Yoga	Mat Pilates	Beginners Yoga	Restorative Yoga ☀️	Mat Pilates			
9.30am							Mat Pilates	Mat Pilates
10.30am							Vinyasa Yoga	
10.40am	Beginners Yoga	Vinyasa Yoga ☀️	Yin Yoga	Flow Yoga	Flow Yoga		Mobilise (11.30am) ☀️	Virtual BodyBalance
12pm		Virtual Pilates	Virtual Yoga	Virtual BodyBalance				Virtual Yoga
6pm	Vinyasa Yoga	Flow Yoga	Mat Pilates	Mat Pilates	Yin Yoga ☀️		Virtual BodyBalance	Virtual Yoga
7pm	Flow Yoga	Beginners Yoga ☀️	Restorative Yoga	Flow Yoga ☀️	Meditation ☀️			
8pm	Yin Yoga ☀️	Restorative Yoga ☀️	Yoga Nidra	Restorative Yoga ☀️				

☀️ Classes with a sun are Heated Classes.
During Heated Classes, infrared panels heat the studio to 25-27 degrees.

BIKE LAB		MON	TUES	WED	THURS	FRI	SAT	SUN
	6am	Cycle	The Trip	RPM	Cycle	Sprint		
7am	Virtual Trip	Virtual Sprint	Cycle	Virtual RPM	Virtual RPM			
7.30am							Cycle	Virtual RPM
8.30am	RPM	The Trip					The Trip	The Trip
9.25am	Cycle	Cycle	Cycle	Cycle	Cycle			
9.30am							RPM	RPM
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				

TRAINING ZONE		MON	TUES	WED	THURS	FRI	SAT	SUN
	6am	Functional Strength	HIIT	Functional Strength	Bootcamp*	Functional Strength		
	Boxing*		Bootcamp*					
7am					HIIT		Bootcamp (7.05am)*	
8.30am		HIIT				HIIT	Functional Strength	
9.30am	Functional Strength	HIIT	Functional Strength	HIIT	HIIT		HIIT	HIIT
12pm	HIIT		Functional Strength					
5.30pm			HIIT					
7pm	HIIT (7.05pm)	Functional Strength			Functional Strength			

*These classes are held in GESAC Stadium

GESAC AQUATIC GROUP FITNESS TIMETABLE

Commencing Monday 4 March 2024

Bookings required via member portal

	MON	TUES	WED	THURS	FRI	SAT	SUN
AQUA FITNESS	6am	Swim Fit		Swim Fit			
	7.10am					Aqua	
	7.30am	Aqua	Aqua	Aqua	Aqua	Aqua	
	8.25am	Aqua	Aqua	Aqua	Aqua	Aqua	
	9.20am	Aqua	Aqua	Aqua	Aqua	Aqua	
	11.45am	Aqua Pilates	Aqua Pilates		Aqua Pilates		
	6pm					TEEN Swim Fit	
	7pm			Swim Fit			
	7.15pm	Aqua HIIT		Aqua HIIT			

GROUP FITNESS CLASS DESCRIPTIONS

STUDIO WONDER PROGRAMS

Activate Circuit 45mins A strength and cardio circuit specifically designed for older adults of all fitness levels.	Les Mills Core 30mins/45mins Previously named Cxworx, this cutting edge core training is designed to challenge your entire core unit – posterior chain, abdominals, obliques and more.
Activate Strength 45mins Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.	Les Mills Sh'Bam 45mins Featuring simple but seriously hot dance moves. Suitable even if you are dance-challenged.
Boxing 55mins An intense boxing based class that uses HIIT - High Intensity Interval Training. You will give all your effort through quick, intense bursts of exercise followed by short recovery periods. BYO gloves, wraps and focus pads.	Les Mills Tone 45mins Combining High Intensity Interval based cardio (HIIT) with Strength and Core training, this class will get you results fast.
Dance 45mins Fun, easy urban style dance fitness. Groove to funk, get down & dirty with some hip hop, and break a sweat with some electro latin fusion, plus many more flavours.	Tummy, Hips and Thighs 45mins A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness levels and excellent as a post and prenatal exercise option.
Les Mills BodyAttack 55mins/45mins Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.	Zumba 55mins Featuring exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning participants.
Les Mills BodyCombat 55mins/45mins The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.	Zumba Gold 55mins Zumba Gold will get you moving, improve your fitness and leave you feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love, but at a lower intensity.
Les Mills BodyPump 55mins/45mins The original barbell class that strengthens and tones your entire body to ensure you get results fast.	Mums & Bubs Post-partum friendly exercises. Babies under 12 months welcome.
Les Mills BodyStep 55mins An energising step workout including adjustable step height and simple moves will push fat burning systems into high gear.	

BIKE LAB PROGRAMS

Cycle 45mins An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.	Les Mills The Trip 45mins 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, this immersive fitness workout takes motivation and energy output to the next level, burning serious calories. *Lighting and visual effects may cause motion sickness if you are sensitive.
Les Mills RPM 45mins Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.	Please note The Trip contains effects that may affect people suffering from photo-sensitivity and motion sickness.
Les Mills 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.	

AQUATIC PROGRAMS

Aqua Fitness 45mins A fun, energetic cardio workout in the indoor 25 metre pool. **	Aqua HIIT 30mins More physically challenging than Aqua Fitness, Aqua HIIT is a High Intense Interval Training class a style that uses hard exertion followed by less intense recovery periods.
Aqua Pilates 45mins Combining pilates techniques with aqua exercise. Improve your core strength, posture and joint mobility in the hydrotherapy pool.	Hot Aqua 55mins Conducted in the warm Wellness Pool, combining slower paced aqua exercise with the benefits of warm water exercise to improve mobility and movement.
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.	

STUDIO TWO PROGRAMS

Beginners Yoga 55mins This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment. **	Qigong 55mins A gentle & restorative exercise therapy incorporating a variety of low impact movements with stillness & some meditation. The purpose of the practice is to release tension - physical, mental & emotional.
Boxing 45mins A mixture of boxing combinations, cardio drills and strength training. Suitable for all levels of fitness, you will feel the full effects of this upper and lower body workout in no time!	Restorative Yoga 55mins A gentle yoga class that is about slowing down your body through passive stretching using props to support your body and allow the muscles to relax deeply.
Core 45mins Targeting your mid-section with functional strength exercises, muscle toning and stability work.	Tai Chi 55mins Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. Promotes mental awareness, improves balance, control and wellbeing.
Evolve Yoga 55mins Evolve Yoga focuses on yoga techniques designed to navigate hormonal imbalances associated with perimenopause, menopause and post-menopause.	Tummy, Hips and Thighs 45min A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness levels and excellent as a post and prenatal exercise option.
Flow Yoga 55mins A slower paced class that focuses on correct alignment and getting the most from your yoga practice. It is a flow yoga based class aimed at stretching and strengthening the body but with focus on alignment. We take the time to look at how the body should be aligned in poses and offer options to modify depending on your needs.	Vinyasa Yoga 55mins Vinyasa Yoga follows a series of flowing poses that connect breath with body and movement. Typically a stronger and more intense practice it is recommended to have participated in Beginners or Flow Yoga before attending this class.
Les Mills BodyBalance 55mins A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **	Yin Yoga 55mins A deeply mindful style of Yoga where postures are held for a longer period of time while you find stillness and focus on the breath. Profoundly powerful practice to alleviate stress and deeply release tension and tightness in the body.
Mat Pilates 55mins Pilates Exercises with and without small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance. **	Yoga Nidra 55mins Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.
Meditation 30mins Meditation can produce a deep state of relaxation and a tranquil mind. You focus your attention using a combination of mental and physical techniques which may include but is not limited to - mindfulness, breath, mantra and Yoga Nidra.	Zumba 55mins Featuring exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning participants.
Heated Mobilise 45mins Designed to improve your range of motion and flexibility, while improving your strength, balance, and stability. Mobilise can help reduce stiffness, discomfort and pain to help you move and feel better.	

TRAINING ZONE PROGRAMS

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 better every day.	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.
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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.

** PREGNANCY SAFE CLASSES



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