

# GESAC HEALTH CLUB

## GROUP EXERCISE TIMETABLE

Commencing Monday 2 February 2026

Bookings required via member portal

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	BodyPump	BodyPump	BodyPump	BodyCombat	BodyPump		
7am	Virtual BodyAttack	Virtual BodyPump	Virtual BodyCombat	Virtual Les Mills Core			
7.30am						BodyPump	
8am			Activate Strength				
8.25am	Activate Strength	Zumba Gold		GELFIT Strength	Activate Strength		
8.30am						BodyAttack	Les Mills Tone
9.25am	BodyPump	BodyPump	Dance	BodyPump	Tummy, Hips & Thighs		
9.30am						BodyCombat	Les Mills Strength Development
10.30am	Zumba	Activate Strength (10.45am)	Core	Activate Strength		BodyPump	BodyPump
12pm	Virtual BodyPump	Mums & Bubs	Virtual BodyPump	Virtual BodyCombat		Virtual BodyAttack	Virtual BodyPump
1pm					Virtual BodyPump	Virtual Body Balance	Virtual Body Balance
4pm	Virtual BodyPump	Virtual BodyAttack	Virtual Body Balance		Virtual Body Balance	Virtual BodyPump	Virtual BodyAttack
5pm		Tummy, Hips & Thighs			Virtual BodyPump	Virtual Les Mills Core	Virtual Les Mills Core
6pm	BodyPump	BodyCombat	BodyPump	Body Attack	Zumba	Virtual Sh'bam	Virtual BodyCombat
7pm	Dance	Dance	BodyStep	Strength Development			

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.10am	Vinyasa Flow Yoga ☀	Mat Pilates	Hatha Yoga ☀	Vinyasa Flow Yoga ☀	Mobilise ☀		
7.30am		Mobilise (7.05am)				Vinyasa Flow Yoga ☀	
8.30am	Qigong		Qigong	Mat Pilates (8am) ☀	Les Mills Shapes	Tummy Hips and Thighs	Vinyasa Flow Yoga
9.25am	Vinyasa Flow Yoga	Mat Pilates	Beginners Yoga	Restorative Yoga ☀	Les Mills Pilates		
9.30am						Mat Pilates	Mat Pilates
10.30am						Vinyasa Flow Yoga	
10.40am	Beginners Yoga	Vinyasa Flow Yoga	Yin Yoga	Vinyasa Flow Yoga	Vinyasa Flow Yoga	Mobilise (11.30am)	
11.40am					Chair Pilates		
6pm	Vinyasa Flow Yoga	Vinyasa Flow Yoga	Mat Pilates	Mat Pilates	Yin/Meditation (75min) ☀		
7pm	Vinyasa Flow Yoga	Beginners Yoga ☀	Restorative Yoga ☀	Mat Pilates ☀			
8pm	Yin/Restore 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.

	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	Cycle
8.25am	RPM	The Trip				The Trip (8.30am)	RPM (8.30am)
9.25am	Cycle	RPM	Cycle	Cycle	Cycle		
9.30am						RPM	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	Cycle (6.30pm)	The Trip			
7pm	Virtual Trip	Virtual Sprint	Virtual Trip (7.30pm)	Virtual Sprint			

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

# GROUP EXERCISE TIMETABLE

## GESAC AQUATIC

Bookings required via member portal

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

## GROUP EXERCISE CLASS DESCRIPTIONS

### STUDIO WONDER PROGRAMS

#### Activate Circuit

45mins

A strength and cardio circuit specifically designed for older adults of all fitness levels.

#### Activate Strength

45mins

Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.

#### Dance

45mins

A dance fitness class is a dynamic and energetic workout session that combines elements of dance with traditional aerobic exercises. These classes are designed to provide a fun and effective way to improve cardiovascular health, co-ordination, flexibility, and overall fitness while dancing to upbeat music. Perfect for all levels of fitness.

#### Les Mills BodyAttack

55mins/45mins

Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.

#### Les Mills BodyCombat

55mins/45mins

The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.

#### Les Mills BodyPump

55mins/45mins

The original barbell class that strengthens and tones your entire body to ensure you get results fast.

#### Les Mills BodyStep

55mins

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

#### Les Mills Shapes

55mins/45mins

An exciting new Les Mills launch blending Pilates, Barre, and Power Yoga, set to modern beats. Get ready to invigorate your mind and body.

#### 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.

#### Les Mills Sh'Bam

45mins

Featuring simple but seriously hot dance moves. Suitable even if you are dance-challenged.

#### Les Mills Tone

45mins

Combining High Intensity Interval based cardio (HIIT) with Strength and Core training, this class will get you results fast.

#### 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.

#### 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. Zumba Gold is similar but at a lower intensity for older adults.

#### Les Mills Strength Development

45mins

Progressive strength training class that utilises integrated training blocks to improve muscular strength, hypertrophy and power. Movements are slow and controlled, so you have time to get the technique right. You choose your own weights, making it suitable for beginners as well as more experienced participants. The music helps keep you motivated while you train at your own pace.

#### Mums & Bubs

45mins

Post-partum friendly exercises. Babies under 12 months welcome.

### 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 RPM

45mins

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

#### 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.

#### 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.

Please note The Trip contains effects that may affect people suffering from photo-sensitivity and motion sickness.

### AQUATIC PROGRAMS

#### Aqua Fitness

45mins

A fun, energetic cardio workout in the indoor 25 metre pool. \*\*

#### Aqua Pilates

45mins

Combining pilates techniques with aqua exercise. Improve your core strength, posture and joint mobility in the hydrotherapy 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.

#### 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.

#### 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.

### STUDIO TWO PROGRAMS

#### Beginners Yoga

50mins

This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment. \*\*

#### Hatha Yoga

50mins/55mins

Hatha Yoga incorporates all the basic traditional methods including poses, breath work, meditation, and relaxation. The poses(asana) are slowed down and held static for longer period times than flow Yoga to focus your mind and body strength.

#### Les Mills BodyBalance

55mins

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

#### Mat Pilates

45mins/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. \*\*

#### 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.

#### 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.

#### Heated Mat Pilates

45min/55mins

Heated Mat Pilates is a challenging full body workout designed to strengthen muscles using the Pilates principles. As the name suggests, is taught in a heated space and it's going to make you sweat- a lot.

#### Heated Yin/Meditation

75mins

This is a combination of our Yin Yoga and Meditation classes.

#### Qigong

45mins

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.

#### Restorative Yoga

50mins/75mins

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.

#### Tai Chi

45mins

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.

#### 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.

#### Yin Yoga

50mins/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.

#### Chair Pilates

45mins

A modified form of Pilates that can be performed while seated on a chair or using a chair for support when doing standing exercises. This class improves core strength, mobility, balance and posture. It is ideal for beginners or older adults with limited mobility.

#### Yoga Nidra

30mins

Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.

### TRAINING ZONE PROGRAMS

#### Functional Strength

45 mins

An introduction to strength training covering basic principles, benefits, and key movements. Each class targets your full body and builds comfort with the barbell. You'll learn functional movements to enhance your everyday mobility.

#### Boxing

45 mins

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.

#### HIIT

45 mins

Experience interval-based training that pushes your limits followed by recovery. HIIT is proven to deliver fast results. Your trainer will guide you to work hard and train smart.

#### 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.

