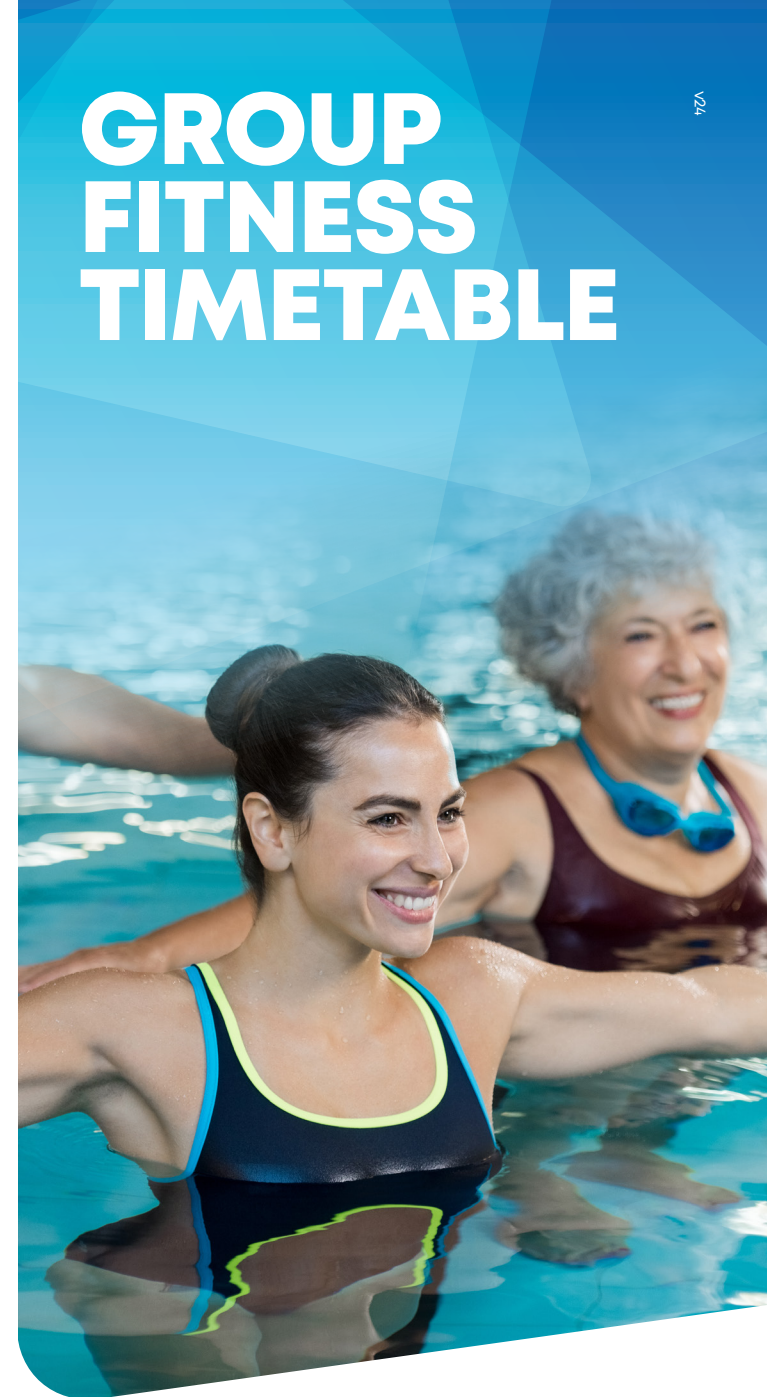


CLASS	DESCRIPTION	DURATION	INTENSITY	BURN RATE	EQUIPMENT	RESULT
 <b>Better Balance</b>	A program that helps with balance as we age. For gait issues, vestibular and confidence, if you trip you may save yourself	45 Minutes	Low	Up to 280 calories	Chairs, balls, steps and gym sticks	Improved balance and muscular strength
 <b>SFL Aqua 50+</b>	A supervised, low-impact workout in the hydrotherapy pool <i>*\$50.00 assessment fee applies</i>	45 Minutes	Low	Up to 300 calories	Aqua dumbbells, pool noodles ankle weights, steps and hand paddles	Builds cardio, strength and resistance while being easy on the joints
 <b>Functional Pilates</b>	A series of non-impact exercises mainly done on the floor with the use of a roller or dumbbells	55 Minutes	Low	Up to 350 calories	Rollers, dumbbells	Improved posture, flexibility and mindfulness
 <b>Pilates</b>	A series of non-impact exercises for balance, flexibility and posture	55 Minutes	Low	Up to 350 calories	Mats, bolster, balls	Improved posture, flexibility and mindfulness
 <b>Strength for Life</b>	Supervised strength training program designed for those 50Y+.	55 Minutes	Low	Up to 280 calories	Resistance equipment	Increased strength and coordination, meet new friends
 <b>Aqua Circuit</b>	A station formatted workout using different movements and pool equipment. Often each station is timed, with simple, repetitive moves. A great all over workout for all fitness levels	45 Minutes	Low to moderate	Up to 410 calories	Noodles, water dumbbells and kick boards	Improved strength and muscle endurance
 <b>Aqua Fit</b>	Water resistance training; low-impact aerobic exercise. Gentle classes are lower intensity and great for beginners, pre and post pregnancy and seniors	45 Minutes	Low to moderate	Up to 410 calories	Aqua dumbbells, noodles, webbed gloves and aqua belts	Improved strength, flexibility and muscle endurance
<b>YOGA</b>	A Vinyasa flow, targeting mobility and strength with some breath work and mindfulness for all abilities	55 Minutes	Low to moderate	N/A	Mat and blocks	Flexibility, strength and mindfulness
 <b>Dance &amp; Groove</b>	A low impact aerobic class with simple dance moves. Have fun with this one!	45 Minutes	Moderate	N/A	N/A	Increase the heart rate and improve coordination
 <b>Gym Stick &amp; Stretch</b>	Gym sticks provide an all over work out with resistance in every direction. Followed by a lovely stretch	45 Minutes	Moderate	Up to 400 calories	Gym stick and mat	Improves all over strength, cardio fitness and flexibility.
 <b>Gym Stick, Step &amp; Stretch</b>	Gym sticks provide an all over work out with resistance in every direction. A step works on coordination, balance and fitness. Followed by a lovely stretch	45 Minutes	Moderate	Up to 400 calories	Gym stick, step and mat	Improves all over strength, cardio fitness and flexibility.
 <b>HYDROHEX BEAT</b>	VIRTUAL: Hydrohex <b>Beat</b> is a dance-inspired session, blending rhythm and choreography of various styles and movements to stay motivated and create a joy of exercise	45 Minutes	Moderate	N/A	N/A	Boost confidence and uplift body through music and big moves
 <b>HYDROHEX CARDIO</b>	VIRTUAL: Hydrohex <b>Cardio</b> improves cardiovascular endurance through athletic heart-rate elevating challenges. Run and jump your way to maintaining muscle	45 Minutes	Moderate	N/A	N/A	A faster way to get lean and toned
 <b>HYDROHEX MOVE</b>	VIRTUAL: Hydrohex <b>Move</b> is a traditional water workout with different variations so you can work-out at your own pace	45 Minutes	Moderate	N/A	N/A	Enhanced cardio, core strength and mobility
 <b>HYDROHEX POWER</b>	VIRTUAL: Hydrohex <b>Power</b> for full body muscular strengthening through physical circuit moves	45 Minutes	Moderate	N/A	N/A	Cardiovascular to keep the heart rate elevated
 <b>TRANSFORM NSP FORM</b>	'Transform' is a blend of yoga, Pilates and bodyweight strengthening exercises all choreographed to music.	45 Minutes	Moderate	Up to 410 calories	Mat	Increased strength, mobility and flexibility.
 <b>Aqua Cycle</b>	An aquatic-based class with the use of a bike	45 Minutes	Moderate to high	Up to 500 calories	Aqua bike, aqua dumbbells and noodles	Cardio vascular fitness and fun
 <b>Aqua Deep</b>	A zero-impact high intensity deep water workout	45 Minutes	Moderate to high	Up to 500 calories	Flotation belts	Improved cardiovascular fitness and muscle conditioning
<b>RIP</b>	A combination of movements with music, using traditional strength training with a barbell and plates	45 Minutes	Moderate to high	Up to 450 calories	Barbell, plates and mat	Increased strength and endurance, tones and shapes.
 <b>SWEAT &amp; Shine</b>	A circuit / interval class utilising body weight and various equipment. An all-rounder that allows work at their own level	45 Minutes	Moderate to high	Up to 450 calories	Weights, steps, balls	Build muscular strength & endurance and also challenge the cardio-respiratory system
 <b>Up &amp; Active Outdoors</b>	An outdoor training class incorporating all your favourite bootcamp activities, using ropes, tyres, dumbbells, and medicine balls. A great cardio and endurance work out	45 Minutes	Moderate to high	Up to 550 calories	Battle ropes, sandbags, tyres and medicine balls	Cardio and strength and endurance training
 <b>HIT</b>	High intensity training for 30 intense minutes	30 Minutes	High	Approx. 290 calories	Weights, steps and medicine balls	Varied exercises to make you work

# GROUP FITNESS TIMETABLE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am			<b>TRANSFORM</b>	<b>RIP</b>	Up & Active Outdoors		
8:00am	Aqua Fit (Ramp) <b>A</b>	Strength for Life <b>A</b>	Strength for Life <b>A</b>	Strength for Life <b>A</b>	Strength for Life <b>A</b>		
9:00am		Aqua Fit (Ramp) <b>A</b>		Aqua Fit (Ramp) <b>A</b>		Gym Stick Step & Stretch	Aqua Cycle
9:30am					Aqua Step		
10:00am	Aqua Fit <b>A</b>		Aqua Fit <b>A</b>	HYDROHEX <b>CARDIO</b> <b>A</b>			
10:30am	<b>HIT</b>						HYDROHEX <b>CARDIO</b> <b>A</b>
11:00am		Strength for Life <b>A</b>	Strength for Life <b>A</b>	Strength for Life <b>A</b>	Aqua Fit <b>A</b>		
12:15pm	Pilates <b>A</b>		Dance & Groove <b>A</b>	SFL AQUA 50+ <b>A</b>	Pilates <b>A</b>		
1:15pm					SFL AQUA 50+ <b>A</b>		
1:30pm	HYDROHEX <b>BEAT</b> <b>A</b>	Functional Pilates					
2:00pm		Aqua Fit (Ramp) <b>A</b>	Aqua Circuit (Ramp) <b>A</b>	AquaDeep <b>A</b>	HYDROHEX <b>MOVE</b> <b>A</b>		
3:00pm	Strength for Life <b>A</b>	Better Balance <b>A</b>			Better Balance <b>A</b>		
4:15pm		<b>YOGA</b>	Pilates <b>A</b>	<b>YOGA</b>			
5:15pm	<b>RIP</b>				Aqua Cycle		
5:30pm		<b>SWEAT &amp; SHINE</b>					
5:45pm			GYM STICK & STRETCH	Pilates <b>A</b>			
6:00pm							
6:45pm			Aqua Fit <b>A</b>	HYDROHEX <b>POWER</b> <b>A</b>			

Please note that the class timetable is subject to change based on attendance, demand and instructors.



Book your class via our YMCA South Australia app, available on iOS App Store and Google Play Store.

## PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes

### ACTIVE ADULTS 60Y+. KEY: **A**

Active Adults members have access to Strength for Life, Strength for Life Aqua, Pilates, Better Balance, Hydrohex, and selected Aqua Fit classes.

### ACTIVE YOUTH 10Y – 15Y

Gym and Group Fitness classes restricted to 13Y+ (requires mandatory initial gym orientation, and excludes RIP, Transform and Hydrohex Beat).

### GYM ONLY MEMBERSHIP

Gym only members have access to HIT, Sweat and Shine, Pilates, Up and Active Outdoors, Gym Stick and Stretch, Gym Stick Step and Stretch.

### OPENING HOURS

Monday to Thursday	6:00am - 8:00pm
Friday	6:00am - 7:00pm
Weekends	8:00am - 5:00pm
Public Holidays	8:00am - 5:00pm

### Extended gym hours

**Monday to Thursday 6:00am - 9:00pm**

### CONTACT US

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## SAFETY MEASURES

- Please book your group fitness online to avoid queuing at Customer Service and disappointment in case your desired class reaches occupancy.
- A towel and your own water are required (no exceptions).
- Whenever possible bring your own equipment (yoga mats, boxing glove inners, etc).
- Sanitise and wipe down equipment before and after use.