

CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
 ACTIVE ease A	Active Ease is a gentle, supportive group class to stay active, steady, and strong. Seated and standing exercises will get you confidently moving for everyday life.	45 Minutes	Low	Various	Balance, coordination, and light strength, for maintaining independence and mobility.
 Flex & Bend A	Strengthen and stretch in this class combining breath, balance, body weight moves and flexibility.	45 Minutes	Low to moderate	BYO Yoga mat	Improves flexibility and strength while enhancing well being.
 Strength for Life A	Supervised strength and balance training. Promoting health and well being for adults over 50.	60 Minutes	Low to moderate	Various	Enhance adults over 50's ability to undertake activities of daily living and maintain independence.
 Aqua Fit A	Water resistance training; low-impact aerobic exercise.	45 Minutes	Moderate	Various	Improves cardio endurance, flexibility and strength.
 Better Balance A	Improve your balance and coordination through various exercises in our Better Balance sessions.	45 Minutes	Moderate	Various	Increases core strength, improves coordination and balance.
 BOOT	BOOT is a high intensity cardio class, designed to improve strength and conditioning.	45 Minutes	Moderate to high	Various	Cardiovascular endurance.
 IMPACT 45	Functional training workout; team coached training for ultimate results.	45 Minutes	High	Various	Increased strength and endurance, tones and shapes.
 POWER STEP	An energising combination of athletic step choreography with strength intervals using light weights.	45 Minutes	High	Barbells, plates and steps	Build cardio fitness, coordination and muscular endurance in one powerful workout.

GROUP FITNESS TIMETABLE



GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am						
8:00am						
8:30am						
9:00am						
9:30am						
10:00am						
5:30pm						

AQUA TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am					
8:30am					
9:00am					
9:20am					
9:50am					
10:10am					

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

ACTIVE ADULTS 60Y+. KEY: A

Active Adults members have access to Active Ease, Aqua Fit, Better Balance, Flex and Bend, and Strength For Life.

ACTIVE YOUTH 10Y-15Y

Gym and Group Fitness classes restricted to 10Y+ (requires mandatory initial gym orientation, and excludes Boot, and Pilates).

OPENING HOURS

Monday to Friday | 6am - 8pm

Saturday | 8am - 4pm

Sunday | 9am - 4pm

Easter Monday | 10am - 3pm

Boxing Day | 10am - 3pm

Australia Day | 10am - 3pm

Closed all other public holidays

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).
- You MUST bring your own equipment (yoga mats, boxing glove inners, etc).
- Sanitise and wipe down equipment before and after use.



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