

GROUP FITNESS TIMETABLE

CLASS	DESCRIPTION	DURATION	INTENSITY	ACCESS	EQUIPMENT	RESULT
 Better Balance	Gentle exercises and tasks specifically designed to improve and maintain balance, stability and mobility	40 minutes	Low	Active Adults	Various	Increased balance, mobility and confidence (fall prevention)
 aqua ZUMBA	Low-impact, high-energy aquatic exercise blending Zumba® philosophy with water resistance, for one pool party!	45 minutes	Low	Active Adults, Active Youth	Nil	Tone and sculpt your body while burning calories
 CHAIR YOGA	Gentle, using the chair for support, stability, and ease. For anyone looking for a mindful, accessible movement	45 minutes	Low	Active Adults, Active Youth	Chair	Improved balance, strength, flexibility, relaxation and mood
 Pilates	A series of non-impact exercises for balance, movement and posture	45 minutes	Low	Active Adults, Active Youth	BYO yoga mat	Increased balance and posture, coordination and flexibility
 LES MILLS BODYBALANCE	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered	60 minutes	Low	Active Adults, Active Youth	BYO yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
 Strength for Life	Supervised strength training program designed for those 50Y+	60 minutes	Low	Active Adults	Resistance equipment	Increased strength and coordination, meet new friends
 SFL Aqua	Low-impact individualised hydrotherapy, supervised by an exercise professional (assessment required)	60 minutes	Low	Active Adults	Various	Increased strength, coordination, cardio fitness, balance and confidence
 Yoga	Train your body, mind and spirit with Yoga for all fitness levels	60 minutes	Low	Active Adults, Active Youth	BYO yoga mat	Improved balance, strength, flexibility, relaxation and mood
 Aqua Fit	Water resistance training; low-impact aerobic exercise	45 minutes	Low to moderate	Active Adults, Active Youth	Aqua dumbbells	Improved strength, flexibility and muscle endurance
 Freestyle Step	A fun cardio workout using steps to increase heartrate and burn calories	45 minutes	Moderate	Active Youth	Height adjustable step	Cardio fitness, muscular endurance, shapes and tones
 Advanced CHAIR YOGA	Challenge your strength and flexibility with enhanced stretches, balanced postures, and mindful movement	45 minutes	Moderate	Active Youth	Various	Improved balance, strength, flexibility, relaxation and mood
 SCULPT	Intense toning and workout class focusing on arms, abs, legs and glutes	30 & 45 minutes	Moderate	Active Youth	Various	Define your body with weights, bands, balls, and resistance
 ZUMBA	Uses hypnotic Latin rhythms and easy-to-follow moves to burn calories, tone and shape your body	60 minutes	Moderate	Active Adults, Active Youth	Zumba toning sticks	Tone and sculpt your body while burning calories
 Aqua Deep	A zero-impact high intensity deep water workout	45 minutes	Moderate to high	Active Adults, Active Youth	Flotation belts	Improved cardiovascular fitness and muscle conditioning
 LES MILLS BODYATTACK	A whole body cardio workout that burns calories while toning and shaping	45 minutes	Moderate to high	Active Youth	Nil	Build stamina with sports-inspired moves that will improve your coordination and agility
 LES MILLS BODYPUMP	Weight-based resistance training for a total body workout	45 minutes	Moderate to high		Barbell, plates and steps	Increased strength and endurance, tones and shapes
 CYCLE CIRCUIT	Cycle Circuit is a cardio circuit including cycle stations	45 minutes	Moderate to high		Various	Improves heart and lung fitness, increases strength and endurance
 Tabata	Ultimate HIIT formula for incredibly fast results	45 minutes	Moderate to high	Active Youth	Various	Fast full body transformation. Shapes and tones
 IMPACT 24/7	Functional HIIT workout; small group training for ultimate results	45 minutes	High		Various: kettlebells, weights, battling ropes, slam balls	Increased strength and endurance, tones and shapes



GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45am		Better Balance (40)	Better Balance (40)	Better Balance (40)			
8:15am	Better Balance (40)				Better Balance (40)		
8:30am		Better Balance (40)	Better Balance (40)	Better Balance (40)			
9:00am	Strength for Life (60)				Strength for Life (60)		
9:15am						LES MILLS BODY PUMP (45)	SCULPT (45)
9:30am	Tabata (45)	LES MILLS BODYATTACK (45)	LES MILLS BODYPUMP (45)	Freestyle Step (45)	LES MILLS BODYBALANCE (60)		
10:15am				SCULPT (45)		Pilates (45)	LES MILLS BODYBALANCE (60)
10:30am	LES MILLS BODYPUMP (45)	CYCLE CIRCUIT (45)	LES MILLS BODYBALANCE (60)				
			Strength for Life (60)				
11:00am		Strength for Life (60)		Strength for Life (60)	Chair Yoga (45)		
5:30pm	CYCLE CIRCUIT (45)	Pilates (45)	LES MILLS BODYPUMP (45)				
6:00pm					Yoga (60)		
6:30pm	LES MILLS BODYPUMP (45)	ZUMBA (60)	LES MILLS BODYBALANCE (60)	Yoga (60)			
7:30pm	Yoga (60)	SCULPT (express) (30)					
8:30pm	Advanced Chair Yoga (45)						

FUNCTIONAL STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am	IMPACT (45)	IMPACT (45)	IMPACT (45)		IMPACT (45)
9:30am			IMPACT (45)		
6:30pm	IMPACT (45)	IMPACT (45)	IMPACT (45)	IMPACT (45)	IMPACT (45)

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am	Aqua Fit (45)	Aqua Deep (45)	Aqua Fit (45)	Aqua Deep (45)	Aqua Fit (45)
7:50am	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)
8:40am	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Deep (45)
9:30am	SFL Aqua (60)		Aqua Fit (45)		
2:00pm				SFL Aqua (60)	
6:35pm		Aqua Fit (45)		aqua ZUMBA (45)	
7:05pm			Aqua Fit (45)		

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

PARTICIPATION REQUIREMENTS

- Bring a towel and drink bottle to all classes.
- Late entry to class will not be permitted.

ACTIVE ADULTS 60Y+

Active Adults members have access to all Aqua classes, Better Balance, BodyBalance, Chair Yoga, Pilates, Strength for Life, Yoga and Zumba.

ACTIVE YOUTH 13Y – 15Y

Gym and Group Fitness classes restricted to 13Y+ (requires mandatory initial gym orientation); excludes Better Balance, BodyPump, Impact45 and Strength For Life classes.

OPENING HOURS

Monday to Friday | 6:00am - 9:00pm

Saturday | 7:00am - 6:00pm

Sunday | 8:00am - 4:00pm

Public Holidays | 9:00am - 5:00pm

CONTACT US

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SAFETY MEASURES

- Please book your group fitness online to avoid disappointment in case your desired class reaches occupancy.
- A towel and your own water are required (no exceptions).
- Where possible, 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.