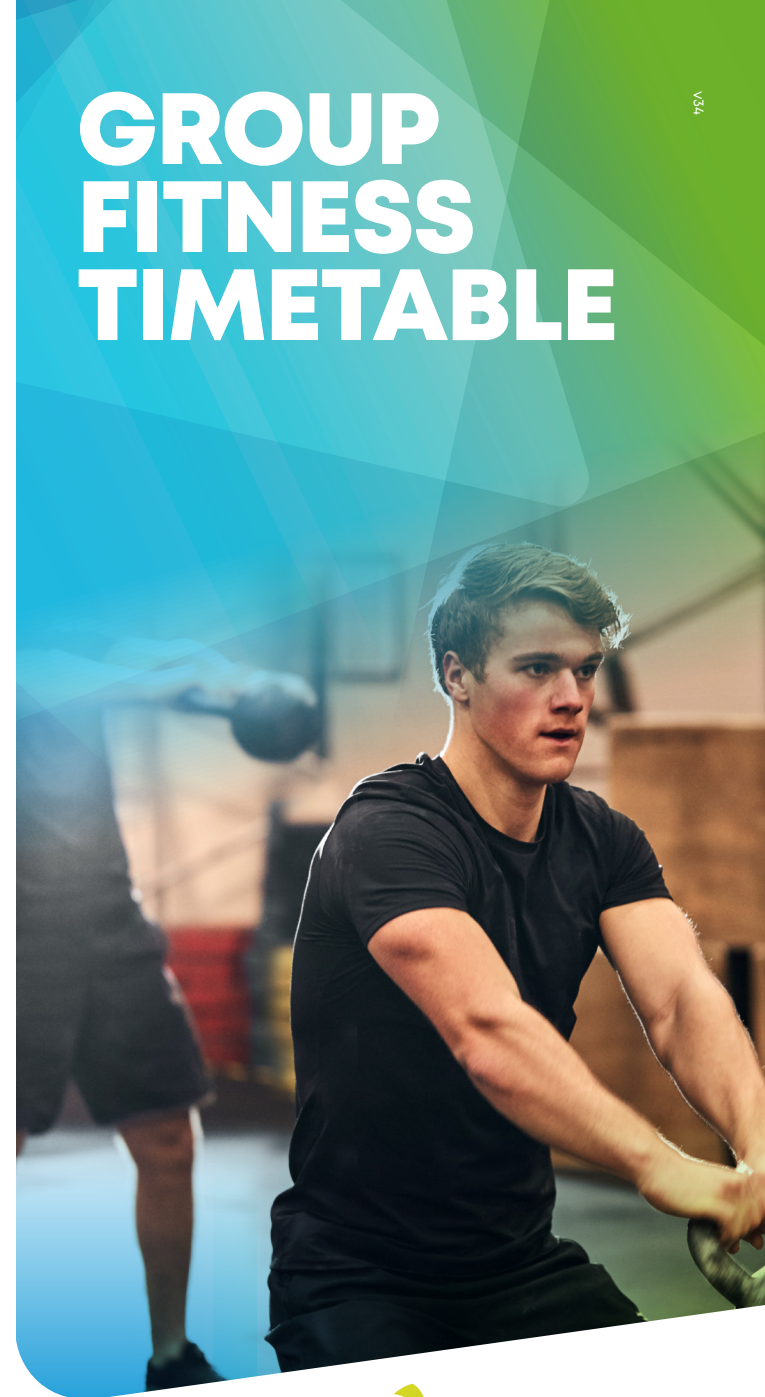


# GROUP FITNESS TIMETABLE

| CLASS                                                                                                                               | DESCRIPTION                                                                                                                                                   | DURATION   | INTENSITY        | LOCATION             | EQUIPMENT                                   | RESULT                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------------|----------------------|---------------------------------------------|-----------------------------------------------------------------------------------|
|  <b>Splish Splash</b>                               | Playgroup catering to 6mth – preschool age children in a fun non-structured session                                                                           | 60 Minutes | For Fun          | Indoor Pool          | Various                                     | Child water familiarization and confidence                                        |
|  <b>Water Walking</b>                               | DIY - Water resistance walking; low impact therapy & exercise                                                                                                 | 60 Minutes | Low              | Indoor Pool          | N/A                                         | Improves cardio fitness, balance and range of motion                              |
|  <b>AQUA CIRCUIT</b>                                | Aqua Circuit is a self-guided, low-impact pool workout using dumbbells, kickboards, and noodles. Rotate through cardio and strength stations at your own pace | 45 Minutes | Moderate         | Indoor Pool          | Dumbbells, kickboards, noodles & bodyweight | Enhances strength, cardio, and flexibility                                        |
|  <b>Aqua HIIT</b>                                   | High intensity interval, water resistance training                                                                                                            | 45 Minutes | Moderate to high | Indoor Pool          | Dumbbells, noodles, kickboard, etc          | Improves muscle and increases heart rate                                          |
|  <b>CLAIR YOGA</b>                                  | Helps you improve flexibility, balance, and strength all from the comfort of a chair. Feel relaxed, energised and stronger                                    | 45 Minutes | Low              | Group Fitness Studio | Various                                     | Improves joint flexibility, tones and shapes, enhances mental wellbeing           |
|  <b>Strength for Life</b>                           | Supervised strength training program with individual programs designed for those 50Y+                                                                         | 60 Minutes | Low              | Gym                  | Various                                     | Strength and coordination, and meet new friends                                   |
|  <b>Yoga</b>                                        | Utilising a range of movements and motions set to music that will improve your mind, your body and your life                                                  | 30 Minutes | Low              | Group Fitness Studio | Yoga mat (provided or BYO)                  | Improves joint flexibility, tones and shapes, enhances mental wellbeing           |
|  <b>PILATES</b>                                     | Controlled movement aimed at sculpting and strengthening the whole body, mind and spirit                                                                      | 45 Minutes | Moderate         | Group Fitness Studio | Various                                     | Building muscular endurance and strength                                          |
|  <b>SCULPT &amp; STRENGTH</b>                       | A strength-based, pattern functional movement to help increase muscle mass and burn calories, even at rest                                                    | 30 Minutes | Moderate         | Group Fitness Studio | Various                                     | Build strength and tone muscles                                                   |
|  <b>CIRCUIT X</b>                                 | A circuit style class incorporating strength-based exercises along with cardio to get heart rate up                                                           | 30 Minutes | Moderate to high | Group Fitness Studio | Various                                     | Strength, cardio, mobility                                                        |
|  <b>Weight &amp; Mates</b>                        | A gym-based group training session, incorporating super sets, high intensity intervals and strength work all in one                                           | 30 Minutes | Moderate to high | Gym                  | Weights and machines                        | Strengthening full body, working up a sweat, burning fat and creating lean muscle |
|  <b>WOTD</b><br><small>Workout of the day</small> | Workout of the Day (WOTD) is a different set of exercises, modality and duration                                                                              | 30 Minutes | Moderate to high | Various              | Various                                     | Increased strength, and cardio vascular endurance                                 |
|  <b>RIP</b>                                       | Weight-based resistance training for a total body workout                                                                                                     | 45 Minutes | Moderate to high | Group Fitness Studio | Barbell, plates and steps                   | Increased strength and endurance, tones and shapes                                |
|  <b>HIIT CIRCUIT</b>                              | A 30-minute intense HIIT workout, designed to build muscle, increase power and burn hundreds of calories                                                      | 30 Minutes | High             | Group Fitness Studio | Barbells, dumbbells, Steps                  | Improve strength, cardiovascular fitness and build lean muscle                    |



## GROUP FITNESS TIMETABLE

| TIME    | MONDAY                                | TUESDAY                      | WEDNESDAY                        | THURSDAY                      | FRIDAY               |
|---------|---------------------------------------|------------------------------|----------------------------------|-------------------------------|----------------------|
| 6:15am  |                                       |                              |                                  | <b>RIP</b> 45m                |                      |
| 6:30am  | <b>WOTD</b> 30m<br>Workout of the day | <b>HIIT CIRCUIT</b> 30m      | <b>SCULPT &amp; STRENGTH</b> 30m |                               | <b>CIRCUIT X</b> 30m |
| 8:00am  |                                       |                              |                                  | <b>Strength for Life</b> 60m  |                      |
| 9:15am  | <b>Weight &amp; Mates</b> 30m         |                              | <b>PILATES</b> 45m               | <b>Weight &amp; Mates</b> 30m |                      |
| 10:15am |                                       | <b>CLAIR YOGA</b> 45m        |                                  |                               |                      |
| 11:00am | <b>Strength for Life</b> 60m          | <b>Strength for Life</b> 60m |                                  |                               |                      |
| 5:30pm  | <b>SCULPT &amp; STRENGTH</b> 30m      | <b>PILATES</b> 45m           | <b>RIP</b> 45m                   | <b>Yoga</b> 30m               |                      |

## AQUA CLASSES

| TIME    | MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   | SUNDAY                   |
|---------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 6:00am  | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m |                          |
| 7:00am  | <b>Aqua HIIT</b> 45m     | <b>Water Walking</b> 60m | <b>Aqua HIIT</b> 45m     | <b>Aqua HIIT</b> 45m     | <b>Aqua HIIT</b> 45m     |                          |
| 8:00am  | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m |                          |
| 9:30am  |                          |                          |                          |                          |                          | <b>Water Walking</b> 60m |
| 10:30am |                          |                          |                          |                          |                          | <b>Splish Splash</b> 60m |
| 11:15am |                          |                          | <b>Aqua HIIT</b> 45m     |                          |                          |                          |
| 12:00pm | <b>Aqua HIIT</b> 45m     | <b>Water Walking</b> 60m |                          | <b>AQUA CIRCUIT</b> 45m  |                          |                          |
| 1:00pm  | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m |                          |                          |
| 1:30pm  |                          |                          |                          |                          | <b>Water Walking</b> 60m |                          |
| 2:00pm  | <b>Aqua HIIT</b> 45m     |                          | <b>Water Walking</b> 60m | <b>Water Walking</b> 60m |                          |                          |
| 2:30pm  |                          |                          |                          |                          | <b>Water Walking</b> 60m |                          |
| 4:15pm  |                          | <b>Aqua HIIT</b> 45m     |                          |                          |                          |                          |
| 5:00pm  |                          | <b>Water Walking</b> 60m |                          |                          |                          |                          |
| 6:00pm  |                          | <b>Aqua HIIT</b> 45m     |                          |                          |                          |                          |

### PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

### ACTIVE ADULTS 60Y+

Includes: Aqua Circuit, Aqua Hiit, Chair Yoga, Circuit X, HIIT, HIIT Circuit, Outdoor Aqua, Pilates, RIP, Sculpt and Strength, Strength for Life, Water Walking, Weight and Mates, WOTD, Yoga.

### ACTIVE YOUTH 10Y – 15Y

Gym and selected group fitness classes restricted to 13Y+ (requires mandatory initial gym orientation).

### SUMMER OPENING HOURS

Monday to Thursday: 6am-9pm  
Friday: 6am-7pm  
Saturday: 9am-6pm  
Sundays & Holidays: 1pm-6pm

### WINTER OPENING HOURS



Monday to Thursday: 6am-9pm  
Friday: 6am-7pm  
Weekends & Holidays: 9am-1pm

### CONTACT US

180 Main North Road, Clare SA 5453

P: 08 8842 3999

E: thevalleys@ymcasa.org.au

  /TheValleysLifestyleCentre

thevalleys.com.au

## SAFETY MEASURES

- Please book your group fitness via the YMCA SA App 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.



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

# VIRTUAL GROUP FITNESS

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