

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15am			WOTD 45m Workout of the day	RIP 45m	
6:30am	CIRCUIT X 30m	HIIT CIRCUIT 30m	FAT FARMERS 45m RURAL HEALTH INITIATIVE		SCULPT & STRENGTH 30m
8:00am				Strength for Life 60m	
9:15am	Weight & Mates 30m		PILATES 45m	WOTD 30m Workout of the day	
10:15am		C-AIR YOGA 45m			
11:00am	Strength for Life 60m	Strength for Life 60m			
5:30pm	SCULPT & STRENGTH 45m	PILATES 45m	RIP 45m	Yoga 30m	

AQUA CLASSES

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

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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

powered by myzone®

HIIT30, DANCE & SWEAT,
TAEBO, YOGA + MORE!
FREE FOR
VALLEYS MEMBERS