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CLASS	DESCRIPTION	DURATION	INTENSITY	EQUIPMENT	RESULT
 Aqua Fit	Water resistance training; low-impact aerobic exercise	45 Minutes	Low to moderate	Aqua dumbbells	Improved strength, flexibility and muscle endurance
 Aqua Deep	Deep Water Aqua incorporates toning and cardio exercises to music in deep water with buoyancy belts (provided). The ability to swim is not required	45 Minutes	Moderate	Buoyancy belts provided	Increase strength and fitness in a non-impact environment
 Active Hearts AEROBICS	A gentle aerobics class set to 70s music. Easy to follow steps to improve arm movement, coordination, circulation and mobility	45 Minutes	Low	Various	Improves joint flexibility, tones & shapes, enhances mental wellbeing
 CHAIR YO-LATES	Gentle based yoga and Pilates exercises using a chair	45 Minutes	Low	Chair	Improved mobility and strength
 FIT FUNCTIONAL AND FUN	Gentle based mobility and movement exercises to keep the body moving where you can choose your own workout	45 Minutes	Low	Bands, light weights, fitballs and chair	Increase strength and fitness in a non-impact environment
 Pilates	A series of non-impact exercises for balance, movement and posture	45 Minutes	Low	BYO yoga mat	Increased balance and posture, coordination and flexibility
 Strength for Life	Supervised strength training program designed for those 50Y+	45/60 Minutes	Low	Resistance equipment	Improves joint flexibility, tones & shapes, enhances mental wellbeing
 LESMILLS BODYBALANCE	Inspired by yoga, tai chi and Pilates; leaving you strong, calm and centered	45/60 Minutes	Low	Yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
 YOGA	Beginners Yoga: train your body, mind and spirit using gentle mobility and exercises. Standard Yoga: improve joint flexibility, tone and shape, and enhance mental wellbeing, for all fitness levels	60 Minutes	Low	Body weight and mat	Flexibility and mobility
 ACTIVE HEARTS HIIT	Cardio and functional strength-based exercises done to different work/rest timings to get you moving	45 Minutes	Low to moderate	Various	Increased cardio, strength, balance and coordination
 Freestyle Step	A fun cardio workout using steps to increase heart rate and burn calories	45 Minutes	Moderate	Step	Cardio fitness, muscular endurance, shapes and tones
 LESMILLS BODYPUMP HEAVY	Strength-based, building lean muscle through slower, controlled tempos and heavier, progressive lifting. Lower reps, longer recoveries, and traditional compound and isolation exercises.	45 Minutes	Moderate to high	Body Bars, plates and handweights	Enhance strength, improve technique, and deliver a, full-body, metabolic, training session
 LESMILLS RPM	Cycling cardio, high intensity interval training – increase your pulse and results!	45 Minutes	Moderate to high	Indoor stationary bikes	Improves heart and lung fitness, increases strength and endurance
 revolution	Interval cycling to raise your heart rate and get the sweat out	45 Minutes	Moderate to high	Indoor stationary bikes	Cardio, endurance and strength
 SWEAT SHRED & STRONG S	A results-driven HIIT Step workout combing simple step combinations and resistance training. Strength and toning exercises to rev-up your workout and burn calories	45 Minutes	Moderate to high	Body, step, weight, dynabands and barbells	Cardio, tone and strength
 Tabata	High-intensity training that blasts calories & moves so quickly that it's hard to get bored	45 Minutes	Moderate to high	Various	Cardio fitness, strength, tone and sculpt
 LESMILLS BODYPUMP	Weight-based resistance training for a total body workout	45/60 Minutes	Moderate to high	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 RIP	A barbell workout that incorporates functional orthopedic strength training using weights and body weight	45/60 Minutes	Moderate to high	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 LESMILLS Shapes	Pilates, sculpt, and power yoga set to modern beats, with small, controlled movements to improve muscle, alignment and increase flexibility; it's low impact but intense training	30/45 Minutes	High	Mat, sliders, bands	Sculpt, strengthen, align and increase flexibility
 LESMILLS BODYCOMBAT	Martial arts-inspired cardio for strength and endurance	45/60 Minutes	High	Nil	Tones and shapes, increases strength and endurance, builds self-confidence



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10am	RIP 	Tabata 	LES MILLS BODYPUMP HEAVY 	Pilates 		
8:15am	ACTIVE HEARTS HIIT 	Pilates 	Active Hearts AEROBICS 	RIP 	Active Hearts AEROBICS 	
8:30am						LES MILLS BODYPUMP 
9:00am	Strength for Life 		Strength for Life 		Strength for Life 	
9:15am (A)	LES MILLS Shapes 	LES MILLS BODYPUMP 	LES MILLS BODYCOMBAT 	CHAIR YO-LATES 	SWEAT SHRED & STRONG 	
9:15am (B)	FIT FUNCTIONAL AND FUN 	FIT FUNCTIONAL AND FUN 				
9:15am (C)		Beginners YOGA 				
9:30am						LES MILLS Shapes 
10:10am						LES MILLS BODYBALANCE 
10:15am	YOGA 		LES MILLS BODYBALANCE 		Pilates 	
5:00pm			Beginners YOGA 			
5:30pm	LES MILLS BODYPUMP HEAVY 	Freestyle Step 	RIP 	LES MILLS Shapes 	LES MILLS BODYCOMBAT 	
5:45pm	LES MILLS RPM 					
6:25pm		LES MILLS Shapes 		YOGA 		
6:30pm	LES MILLS BODYCOMBAT 		LES MILLS BODYCOMBAT 	revolution 	LES MILLS BODYBALANCE 	
7:20pm		LES MILLS BODYBALANCE 				

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45am					Aqua Deep 
8:15am		Aqua Fit 	Aqua Fit 		
9:15am	Aqua Fit 		Aqua Fit 	Aqua Fit 	
10:15am					Aqua Fit 
6:20pm		Aqua Deep 			

PARTICIPATION REQUIREMENTS

- Please obtain a ticket for all classes from Customer Service prior to class commencement
- Bring a towel and drink bottle to all classes

ACTIVE ADULTS 60Y+

Active Adults members can attend most classes but exclusions apply to Sound Bath Meditation.

ACTIVE YOUTH 10Y – 15Y

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

OPENING HOURS

Monday to Thursday	: 6:00am - 9:00pm
Friday	: 6:00am - 8:00pm
Saturday	: 9:00am - 5:00pm
Sunday	: 10:00am - 5:00pm
Public Holidays	: 12:00pm - 5:00pm

CONTACT US

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

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.



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