

# GROUP CLASS PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAND GROUP SESSIONS	<b>HIIT</b> 5:45am-6:30am	<b>ABT</b> 5:45am-6:30am	<b>BOXING</b> 5:45am-6:30am	<b>BARBELL</b> 5:45am-6:30am	<b>BOOTCAMP</b> 5:45am-6:30am	<b>HIIT</b> 6:30am-7:15am
	<b>LOW IMPACT CIRCUIT</b> 8am-8:45am	<b>LOW IMPACT CHAIR</b> 8am-8:45am	<b>LOW IMPACT CIRCUIT</b> 8am-8:45am	<b>LOW IMPACT CHAIR</b> 8am-8:45am	<b>GENTLE YOGA</b> 7:45am-8:45am	<b>CYCLE</b> 7:30am-8:15am
	<b>BOXING</b> 9am-9:45am	<b>BARBELL</b> 9am-9:45am	<b>GENTLE YOGA</b> 9am-10am	<b>YOGA</b> 9am-10am	<b>BOOTCAMP</b> 9am-9:45am	<b>YOGA</b> 9am-10am
	<b>YOGA</b> 9am-10am				<b>YOGALATES</b> 9am-10am	
	<b>YOGA</b> 10:15am-11:15am		<b>GENTLE YOGA</b> 10am-11am	<b>PILATES</b> 10:15am-11:15am	<b>LOW IMPACT CHAIR</b> 10:15am-11am	
	<b>BARBELL</b> 5pm-5:45pm	<b>PILATES</b> 5pm-5:50pm	<b>ABT</b> 5pm-5:45pm	<b>PILATES</b> 5pm-5:50pm		
	<b>BOOTCAMP</b> 6pm-6:45pm	<b>HIIT</b> 6pm-6:45pm	<b>BOOTCAMP</b> 6pm-6:45pm	<b>BOXING</b> 6pm-6:45pm	<b>BOOTCAMP</b> 6pm-6:45pm	
	<b>PILATES</b> 6pm- 7pm	<b>YOGA</b> 6pm-7pm	<b>YOGA</b> 6:15pm-7:15pm	<b>YOGA</b> 6pm-7pm		
AQUA GROUP SESSIONS	<b>AQUA AEROBICS</b> 6am-6:45am	<b>AQUA AEROBICS</b> 6am-6:45am	<b>AQUA AEROBICS</b> 6am-6:45am	<b>DEEP WATER</b> 6am-6:45am		<b>AQUA AEROBICS</b> 6:30am-7:15am
	<b>AQUA AEROBICS</b> 6:45am-7:30am	<b>AQUA AEROBICS</b> 6:45am-7:30am	<b>AQUA AEROBICS</b> 6:45am-7:30am	<b>AQUA AEROBICS</b> 6:45am-7:30am	<b>AQUA AEROBICS</b> 6:45am-7:30am	<b>SWIMFIT</b> 7am-8am
		<b>SWIMFIT</b> 6pm-7pm			<b>DEEP WATER</b> 8am-8:45am	
	<b>AQUA AEROBICS</b> 6:15pm-7pm	<b>AQUA STRETCH &amp; STRENGTH</b> 6:15pm-7pm	<b>AQUA AEROBICS</b> 6:15pm-7pm	<b>AQUA AEROBICS</b> 6:15pm-7pm		



**Book now through Active World!**  
Available to book seven (7) days in advance

*Consulting your physician prior to participating in any group fitness program is highly recommended. Burpengary Regional Aquatics & Leisure Centre reserves the right to amend the above timetable at any time without prior notice and in line.*

## **CYCLE**

Group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. Cycle is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

## **HIIT**

High Intensity Interval Training! A mix of strength, cardio and plyometric exercises performed in intervals of less than a minute with a short rest in between. If you want to get fit fast then this class is for you!

## **ABT**

Get ready to burn your Abs, Booty and Thighs in this motivating class! This class is suitable for all fitness levels and focuses on toning, shaping, and strengthening these muscle groups.

## **BOXING**

This class combines the fun of a traditional boxing class and functional moves together all in energy packed class. Designed to get you working to the max. We have boxing gloves supplied or you can bring your own. We do recommend you bring your own wraps to protect your knuckles.

## **BOOTCAMP**

Have fun, get fit and learn new skills in these higher intensity classes whilst trying a number of different fitness mediums. Lots of volume with either more reps or more time.

## **BARBELL**

If you like weights and moving a barbell then this is the class for you. We perform a wide variety of barbell and dumbbell movements throughout this class and you'll be sure to feel toned, strong and better than ever very soon!

## **YOGA**

A workout for the mind, body and soul. A class with strong focus on safe alignment. We practice all styles of Yoga here and can cater to people of all abilities.

## **GENTLE YOGA**

Similar to Yoga but we begin the session in a standing position aim to make our way to the ground throughout the session. We even have modifications using a chair to accommodate those who may not be able to get to the floor.

## **PILATES**

This type of exercise uses coordinated breath and movement to strengthen and stretch the body. It focuses on core strength and posture.

## **YOGALATES**

A mix between Yoga and Pilates you'll find a great stretch with a lot of core strength in this class format.

## **LOW IMPACT CIRCUIT**

Designed to get you moving through an assortment of low impact training with body or light weight exercises. These low impact classes are designed for any age and are perfect for working at your own pace.

## **LOW IMPACT CHAIR**

Designed for the mature and motivated gym member, this class is a full body workout using balls, bands and dumbbells all while sitting in a chair.

## **AQUA AEROBICS**

This water-based class format is designed to tone and sculpt your body in our heated 25mtr pool. A popular blend of cardio and resistance training for all fitness levels.

## **AQUA DEEP WATER**

A great cardio workout using a buoyancy belt in our deep water 50mtr pool. This class will get you fit very quickly. Suitable for all fitness levels.

## **SWIMFIT**

Offers stroke correction in a friendly, social environment allowing participants to improve their swimming technique and fitness at their own pace.

## **AQUA STRETCH & STRENGTH**

This class will provide a release of tension for the entire body and will leave you feeling like you'll want more of it. Stretching and releasing is optimal way of recovery regardless of your fitness levels this class is for you!