

Wanneroo Aquamotion

Group fitness timetable 2023



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|--|-------------------------------------|--|--|
| 6am-6.45am LES MILLS BODYCOMBAT | 6am-6.45am Spin | 6am-6.45am LES MILLS BODYPUMP | 6am-6.45am Spin | 6am-6.45am Mobility and Core | |
| 8.15am-9am Aqua Fit | | 7.15am-8am Aqua Fit | 8.15am-9am Aqua Fit | | 7.40am-8.25am Aqua Fit |
| 9am-9.45am C4 HIIT & Core FX | 9am-9.45am meta PWR | 9am-9.45am metafit + Core FX | 9am-9.45am Spin | 9am-9.45am meta PWR | 8am-8.45am LES MILLS BODYPUMP |
| 10am-10.45am LES MILLS BODYPUMP | 10am-10.30am Spin HIIT | 10am-10.45am Yoga Flow | 10am-10.45am Pumped | 10am-10.30am Spin HIIT | 9am-9.45am LES MILLS BODYCOMBAT |
| 11am-11.45am Pilates | | | 11am-11.45am Pilates | | |
| 1pm-2pm Aqua Nifty 50's | 1pm-2pm Aqua Nifty 50's | 1pm-2pm Aqua Nifty 50's | | 1pm-2pm Aqua Nifty 50's | |
| 5.45pm-6.15pm Spin HIIT | 5.30pm-6.15pm C4 | 5.45pm-6.15pm Spin HIIT | 5.30pm-6.15pm C4 Strength | | |
| 6.20pm-7.05pm Pumped | 6.20pm-7.05pm Yoga Flow | | 6.20pm-7.05pm Yoga Flow | | |

General information

- Please arrive at least 10 minutes prior to class with a towel and water
- Please inform the instructor of any injuries or conditions that may affect your ability to exercise
- For your safety, no one shall be allowed entry once warm up has commenced
- Class timetables may vary on public holiday

Group fitness class descriptions

Aqua Fit - Ideal if you are recovering from an injury or are looking for a low impact routine. You will still be burning and toning in the water. (45 minutes)

Bodycombat™ - A fiercely energetic program inspired by mixed martial arts. Strike your way through calories.

Bodypump™ / **Pumped** - Focusing on low weight loads and high repetition movements, you'll burn fat and gain strength.

Box Fit - is a cardiovascular workout focussing on increasing your fitness. It is based on the training used for boxing and will combine a mixture of focus pad partner work as well as boxing drills including footwork and abdominal strength. All levels of fitness welcome. Bring your own gloves and pads or use ours.

C4 and C4 HIIT - This total body circuit will get your heart pumping, muscles toning, fat burning and your fitness peaking. (C4 HIIT-30 mins)

C4 Strength – A strength & conditioning class using weights and body weight exercises for a total body approach to improve your muscle mass.

CoreFX - A core fitness class designed with more than your six-pack in mind. Improve your functional strength and work towards injury prevention.

Metafit™ - Designed to boost your fitness, rocket your energy levels and get massive results in the shortest amount of time possible.

MetaPWR™ - MetaPWR is an equipment based circuit style class using 'non-traditional' strength training exercises to develop power, strength, agility and cardiovascular fitness.

Mobility and Core - A class for people that want to maintain an injury free body by enhancing body awareness, spinal mobility, posture & core strength.

Nifty 50s - A gentle, fun aqua class all about socialising and enjoying exercise.

Pilates - This class works on core strength, posture, stability and flexibility whilst improving quality of movement. Bring your own mat or you are welcome to use one of ours.

Pumped - A high repetition, low weight class that is choreographed to music. Each track will focus on your major muscle groups to leave you feeling lean and strong.

Spin - An intense cardio workout that caters to all fitness levels. Be lead through stages to maximise your caloric burn.

Spin Hiit - 30 minutes of intense freestyle cycling. Maximum power equals maximum results.

YogaFlow - This class is about a fluid practice combining breath, movement and awareness to facilitate strength, mobility, focus and relaxation for all fitness levels. Bring your own mat or you are welcome to use one of ours.