

## GROUP FITNESS CLASS DESCRIPTIONS

**AQUA RHYTHM** A simple overall body workout ideal for first timers, seniors or those rehabilitating from injury. Low - Moderate Intensity.

**AQUA MIX** A class suitable for all levels of fitness. Involves a combination of all aqua styles. Ideal for the regular exerciser. Moderate - High Intensity.

**AQUA POWER** A high-energy workout for those who need a challenge. You will be working non-stop in this class. High Intensity.

### PLEASE NOTE FOR THE ABOVE AQUA CLASSES:

- For your safety and enjoyment, classes are limited to 38 participants and no entry will be permitted 10 minutes after class start time.
- You must have a valid ticket before entering a class.
- Although class intensities are indicated above, lower intensity/easier options are always offered, participants are encouraged to exercise at a self-paced intensity throughout all classes

**ABT** Abdominals, Butts and Thighs! A great low impact class that targets those challenging areas. Floor work together with basic aerobic conditioning provides a great workout. Suitable for all levels of fitness.

**BODYPUMP** challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**BODYCOMBAT** is the fiercely energetic martial arts-inspired workout where you are totally unleashed and empowered! This program draws from a wide array of fighting disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Strike, Punch, Kick and Kata your way through the calories to superior cardio fitness!

**BODYSTEP** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone.

**CX WORX** is the ultimate 30-minute core tightening and toning workout. Based on cutting edge scientific research, you will be challenged mentally and physically, improving your functional strength for balance, mobility and injury prevention, by working your glutes, back, obliques and 'slings' (muscles connecting upper & lower body) to leave you looking toned!

**CIRCUIT TRAINING** A simple, yet effective workout for all fitness levels. This highly popular style of class involves moving through a series of stations that are designed to improve, cardio, strength & flexibility, incorporating abdominal exercises. A challenging but fun class with loads of variety that allows participants to work at their own pace. No choreography.

**FATBURNER** A low impact class, combining aerobic moves combined with some weight-bearing exercises; great for burning those extra calories. Suitable for all levels of fitness.

**STRETCH** Improves flexibility, muscle tone and general state of mind. Ideal for all levels of fitness, it is the perfect complement to your current fitness routine.

**YOGA** A combination of age-old techniques of stretching, breathing, challenging postures and relaxation for health development inside and out. Suitable for all levels of fitness.

**E. PILATES** (Essential Pilates) This class covers the essential and fundamental elements, principles and postures used in the Pilates Method. It consists of a combination of stretching, toning & pilates postures. A relaxing mind/body class with a touch of Tai Chi to suit all fitness levels.

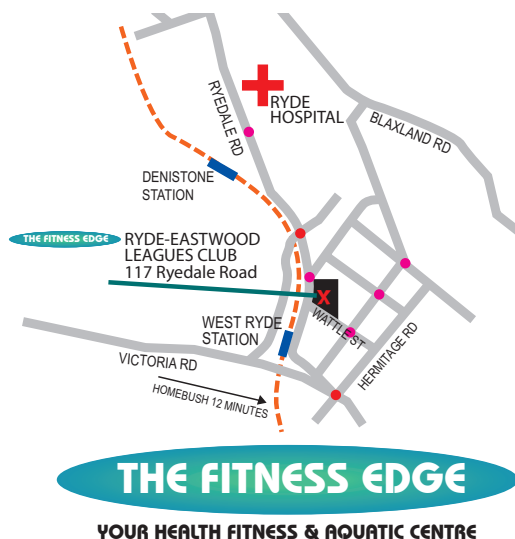
**PILATES** This class covers essential and fundamental elements, principles and postures, allowing progression to intermediate levels. A mind/body class to suit all levels that will enhance your existing training programs and give you a deeper understanding of the importance of your 'core'.

**BOXING FITNESS** A dynamic class for everyone. Great variety in this class provides participants with a circuit type format that combines body-weight exercises with different boxing combinations. Suitable for regular exercisers with a moderate to high fitness level.

**FIT n WELL** A low intensity program to increase functional strength, fitness and general wellbeing. Suitable for those with diabetes, are overweight, rehabilitation, beginners, seniors or just wishing to work at a lighter pace. Wear something that you will be comfortable to exercise in.

**CYCLE** A 45min class focusing on cardio challenges, hill climbs and varying speeds and resistance for all fitness levels. As each participant sets his/her own intensity level, CYCLE is a workout suitable for ALL levels of fitness. YOU MUST HAVE A TICKET BEFORE ENTERING. ONLY A TOWEL AND DRINK BOTTLE ARE PERMITTED IN THE CYCLE ROOM.

**ZUMBA FITNESS** Are you ready to party yourself into shape? That's exactly what the Zumba@Fitness program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.



**THE FITNESS EDGE**

**YOUR HEALTH FITNESS & AQUATIC CENTRE**

### LOCATED AT:

Ryde-Eastwood Leagues Club, 117 Ryedale Road, West Ryde 2114. Phone **9808 7633**.  
[www.releagues.com.au](http://www.releagues.com.au). Facebook: [www.facebook.com/thefitnessedge](http://www.facebook.com/thefitnessedge)

### OPERATION TIMES:

Monday - Wednesday 5.30am - 11.00pm  
Thursday - Friday 5.30am - 9.30pm  
Saturday - Sunday 6.30am - 7.00pm  
Public Holidays 7.00am - 7.00pm  
Closed Christmas Day

### CHILD MINDING

Available Mondays to Friday 8.45pm - 1pm, Saturday: 8.30am - 12.30pm  
Saturday and school holidays - 3 months to 12 years.

### ACCESS & PARKING

Access before 10.00am via the early morning entrance, located 30 metres north of the main club entrance. Use the club entrance before 10.00am for pram users and wheelchair access. Parking is available in the club car park from 8.45am.

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# Group Fitness Timetable











**February 1st to June 30th, 2014**

Whilst every effort is made to ensure the Timetable is accurate, due to the physically demanding nature of Group Fitness, instructors and/or classes can and do change at very short notice. We thank you for your understanding

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	<b>CIRCUIT TRAINING</b> 	<b>BOXING FITNESS</b>		<b>LES MILLS BODYPUMP</b>			
7.45am						<b>LES MILLS BODYCOMBAT</b>	
8.30am					<b>PILATES</b>		
8.45am						<b>LES MILLS BODYPUMP</b>	
9.00am			<b>PILATES</b>				
9.30am	<b>LES MILLS BODYPUMP</b> 	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYSTEP</b>	<b>LES MILLS BODYCOMBAT</b>		
9.45am			<b>LES MILLS BODYCOMBAT</b>			<b>FATBURNER</b>	<b>STRETCH</b>
10.30am	<b>YOGA</b>			<b>YOGA</b>	<b>LES MILLS BODYPUMP</b>		
10.45am						<b>PILATES</b>	
11.15am							
11.30am	<b>ESSENTIAL PILATES</b>	<b>LES MILLS BODYCOMBAT</b>		<b>PILATES</b>			
12.00pm					<b>BOXING FITNESS</b>		
12.30pm	<b>YOGA</b>			<b>YOGA</b>			
1.45pm	<b>FIT N' WELL</b>			<b>FIT N' WELL</b>	<b>FIT N' WELL</b>		
2.30pm							
3.00pm	<b>STRETCH</b>						
4.00pm						<b>BOXING FITNESS</b>	<b>LES MILLS BODYPUMP</b>
5.00pm	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYSTEP</b>		<b>ABT</b>
6.00pm	<b>LES MILLS BODYPUMP</b>	<b>PILATES</b>	<b>CIRCUIT TRAINING</b>	<b>BOXING FITNESS</b>	<b>LES MILLS BODYPUMP</b>		
7.00pm	<b>LES MILLS BODYSTEP</b>	<b>YOGA</b>	<b>STRETCH</b>				



## CYCLE

45mins class	MON	TUE	WED	THUR	FRI	SAT
6.00am						
10.30am						
3.00pm						
6.00pm						
6.30pm						

## AQUA

45mins class	MON	TUE	WED	THUR	FRI	SAT	SUN
8.00am		<b>POWER</b>		<b>POWER</b>	<b>POWER</b>		
8.30am							<b>POWER</b>
9.00am	<b>MIX</b>	<b>MIX</b>	<b>POWER</b>	<b>MIX</b>	<b>RYTHM</b>		
9.35am						<b>MIX</b>	
10.00am	<b>RYTHM</b>	<b>RYTHM</b>	<b>RYTHM</b>	<b>RYTHM</b>	<b>MIX</b>		
2.00pm	<b>MIX</b>		<b>MIX</b>				
6.50pm	<b>POWER</b>	<b>MIX</b>	<b>MIX</b>	<b>POWER</b>			