

CLASS DESCRIPTIONS

30 Metafit - A 30min workout combining traditional bodyweight exercises with the latest HIIT training techniques to set your metabolism on fire!

Boxing - Boxing combinations, cardio drills and strength training (BYO gloves or inners if you have them, otherwise provided)

Zumba - this Latin inspired, easy to follow, dance fitness party exhilarates the senses and works all major muscle groups in a high energy cardio blast.

Retro Cardio - An old school freestyle aerobics class paired with happy tunes.

A Active Freestyle - A gentle, moderate, fun filled freestyle aerobics class that will improve coordination and cardiovascular health

A Active Barre - A gentle fusion of dance, Pilates and sculpting exercises with a ballet barre designed to strengthen, tone and stretch your body

A Active Aqua - A gentle, low impact warm water aqua aerobics class. Great for rehabilitation or those with injuries or joint issues.

Aqua - Aqua is a high energy, low impact water based exercise class enabling you to work with minimal risk of injury.

Deep Water Aqua - Make a splash whilst getting fit in deeper water. Using a buoyancy belt to provide an uplifting workout experience in a low impact environment.

Warm Water Aqua - Using the power of heat to improve your movement, this fun-filled Aqua aerobics class is perfect for anyone with conditions such as arthritis, back pain or joint problems.

Barre - A session that fuses dance, Pilates and sculpting exercises with a ballet barre. A total body workout designed to strengthen, tone and stretch your body.

FITT (Functional Interval Total body Training)
A small group high intensity training class using functional training equipment found in and around the gym.

30 FITT Express

45 XTC (Cross Training Club) – A high energy cross training session designed to improve strength, power, agility and cardio fitness

30 Meditation - A restorative, contemplative practice that will allow participants to develop a clear, focused mind and a healthy balance in their lives.

Yoga - Discover an authentic mind body spirit connection. Improve your strength, flexibility and sense of wellbeing.

Pilates - Tone stretch and strengthen your way to better health. Improve posture, whole body strength and core conditioning through varied and challenging sequences.

Stretch - Relax your muscles with a stretching class designed to improve your flexibility and mobility.

L BODYPUMP - The original barbell class that strengthens and tones your entire body. Challenge all your major muscle groups by using the best weight room exercises.

L BODYSTEP - The energizing step workout that makes you feel liberated and alive. Using a height adjustable step this high intensity cardio workout pushes fat-burning systems into high gear.

L BODYCOMBAT - A fiercely energetic mix of martial arts, boxing and endurance. Strike, punch and kick your way through calories to release your inner warrior.

L BODYATTACK - The sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength training and stabilisation exercises.

L BODYBALANCE - A Yoga, Tai Chi, Pilates and relaxation workout that builds flexibility and leaves you feeling centred and calm.

L 30 CXWORX - Based on cutting-edge scientific research, each 30min CX WORX class will challenge you to strengthen and tone your core stability muscles, and leave you feeling strong.

Cycle - Calorie crushing interval training using a stationary bike to improve strength and fitness

Cycle Combo - A high energy mix of cycling and weight training

L RPM™ Virtual - A Les Mills cycling program with a virtual coach (on screen) offering interval based cadence training through sprints, hills, mountains and interval training.



Les Mills Class



Aquatic based class



New Class



Active classes Older adults



Virtual Class

Group Fitness Etiquette

To maximise your enjoyment during our group fitness classes please be aware of the following:

- Class participants are encouraged to arrive at least 10 minutes prior to a class starting time, and in the interest of health and safety members will not be allowed to enter the class once it has commenced.
- Class participants must carry a towel and drink bottle at all times.
- Class participants are required to return all equipment and place away neatly at the conclusion of the class.
- Appropriate clothing and enclosed, clean footwear is to be worn at all times.
- Class participants are required to complete the cool down phase of a class unless they are continuing with exercise.
- Participants must have a class ticket to ensure entry and pass on to the instructor.



NEW 45 MIN VIRTUAL CYCLE CLASS!

Proudly owned and operated by:



GROUP FITNESS TIMETABLE

- (03) 9294 5500
- aquahub@maroondah.vic.gov.au
- maroondahleisure.com.au
- 11 Civic Square, Croydon



CLASS SCHEDULE

All classes and instructors were correct at the time of printing and are subject to change. Class timetable may change on Public Holidays. Please visit maroondahleisure.com.au for updated timetable.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	BODYPUMP Mandy				BODYPUMP Sharna		
7:45am							
9:00am						BODYPUMP Sharna	BODYCOMBAT Jade
9:15am	BODYPUMP Virginia	Zumba Sue	BODYPUMP Graeme	BARRE Lisa	BODYSTEP Brenda		
10:00am						Retro Cardio Denise	
10:35am	Active Freestyle A Lea		Zumba Peta		BODYBALANCE Lisa		
11:00am						BODYBALANCE Lisa/Nikki	
11:35am			Active Freestyle A Dagmar		Active BARRE A Judy		BODYBALANCE Kathy
4:00pm							
5:45pm	BODYPUMP Jess	XTC 45 Lee-Anne	Boxing Greg				
6:15pm					Zumba Lee-Anne		
6:45pm	BODYATTACK Virginia	BODYPUMP Virginia	BODYBALANCE Kerrie	BODYPUMP Sharna			
7:45pm	BODYBALANCE Denise	Metafit 30 Virginia	Metafit 30 Simon				

Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am					CX WORK 30 Lee-Anne		
10:00am							Yoga Laura
10:35am		Yoga Natja	Pilates Judy	Stretch Rosie			
11:00am							Meditation 30 Laura
11:35am	Yoga Jannin	Yoga Jannin					
12:35am		Meditation 30 Jannin					
6:15pm		Pilates Lisa		Pilates Holly			
7:30pm		Yoga Ulrike		Yoga Sandra			

Mind, Body Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	RPM 45 Virtual	RPM 45 Virtual	Cycle 45 Ben	RPM 45 Virtual	RPM 45 Virtual		
7:00am	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual		
8:00am	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual		
8:15am							RPM 45 Virtual
8:30am					RPM 45 Virtual		
9:15am	RPM 45 Virtual	Cycle 45 Beate	RPM 45 Virtual	Cycle Combo Kelly			
10:00am						RPM 45 Virtual	
12:00pm	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual		
1:00pm	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual		RPM 45 Virtual
5:00pm	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual	RPM 45 Virtual		RPM 45 Virtual
6:30pm	Cycle Kelly	Cycle 45 Judy					
7:30pm	RPM 45 Virtual	RPM 45 Virtual			RPM 45 Virtual		

Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:05am							Aqua Judy/Ann
9:30am	Warm Water Aqua Nina	Aqua Brenda	Aqua Nina	Warm Water Aqua Maz			
10:35am		Aqua Jan	Warm Water Aqua Nina	Warm Water Aqua Nina	Warm Water Aqua Judy	Warm Water Aqua Deb	
7:00pm		Aqua Deb	Aqua Nina				

Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am				FITT Express Nicole			
9:15am	FITT Brenda	Boxing Nicole	FITT Sue	FITT Ben	FITT Kelly		
5:45pm	FITT Ben						

FITT Studio

45 **30** Class times **★** New Class **A** Older adults **▶** Virtual class

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