

CLASS DESCRIPTIONS

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

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 centered and calm.

L SH'BAM - Each 45-minute class is vibrant, unique and varied, with seriously hot dance moves. SH'BAM is the perfect way to shape up even if you're dance challenged.

L RPM - The 45-minute cycling workout where you ride to the rhythm of powerful music. You'll enjoy the calorie-killing benefits of interval training.

L SPRINT - The 30-minute High-Intensity Interval Training (HIIT) workout on a bike that will motivate you and push your physical and mental limits.

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

Boxing - A mixture of boxing combinations, cardio drills and strength training.

Tabata - A 30-minute express class that features intervals of extreme exercise, followed by periods of rest, repeated for each exercise. These bursts of intense work will torch calories and strengthen your entire body.

HIIT - A 30-minute blast that will torch calories, burn fat and test your limits.

Barre Attack - A low impact, high intensity workout that fuses standing pilates work, short cardio intervals, to dance moves in a ballet class. A total body workout designed to strengthen, tone and stretch your body.

Pilates - Build a strong foundation of core stability that improves your balance, flexibility, posture and strengthens your core muscles. Train the body as an integrated whole creating an optimal muscle balance.

Flow Vinyassa Yoga - Ease into 5-minutes of gentle stretching before awakening your body with sun salutations, standing poses, side bends and enlivening backbends. Emphasise breath, movement and transitions without sustaining holds.

Yoga - A truly beautiful experience with classes drawing inspiration from all lineages. Improves strength and flexibility; the ultimate in stretch and relaxation.

Restore Yoga - A gentle class focusing on restoring the body and mind. It encompasses aspects of mindfulness and relaxation.

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

Mindful Meditation - This class begins with 30-minutes of gentle exercise to evoke the relaxation response in the body, followed by 30-minutes of meditation where all aspects of our daily life including our emotions, thoughts & actions can be integrated.

Trigger Point - relieve muscle and joint pains and reduce inflammation and discomfort through trigger point techniques.

Freestyle Step - Build aerobic endurance; improve coordination and memory while having fun in this low to moderate impact Step workout. Great music and fantastic routines will get you moving!

Cycle - A high intensity interval training workout that will increase your fitness level. Change up your speed, resistance and body position over different terrain.

MyRide+ - Using high definition forward-motion video projection this non-impact, intensity variable workout will help push your limits and achieve your personal best.

Cycle Beginners - A 45-minute technique class for the beginner cyclist. This class will teach you all the cycle skills and techniques to prepare you for all cycle formats.

Shallow Water - A high energy, low impact water based exercise class enabling you to work with minimal risk of injury.

Aqua Fusion - This 45-minute gentle warm water class incorporates yoga, pilates and tai chi moves and is perfect for the beginner or anyone with arthritis, back pain or joint problems.

Warm Water - 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.

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

HIIT Aqua - This 45-minute High-Intensity Interval Training workout in the water will increase your heart rate and get you burning maximum calories!

Age Friendly - This 45-minute low-impact warm water Aqua class is designed for over 45+ years of age participants of differing skill levels.

Active Stability - A combination of cardiovascular, strength and core exercises all from a stable seated position. You will find that even the simplest movements can have a major impact on your health and wellness and if you want a starting point this is the class for you.



Les Mills Class



Aquatic based class



New Class



Low impact class
Suitable for all ages

All classes run for 55 minutes unless otherwise stated in the class description or timetable.

Live your active lifestyle



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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 have a class ticket to ensure entry and pass on to the instructor.
- 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

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

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
GROUP FITNESS TIMETABLE

Fun, motivating and social. Our group fitness classes make it easy to get active. Whatever your fitness level there's something for everybody.



CLASS SCHEDULE

30 45 90 Class times  New class  New time

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1 - Group Fitness Studio							
5:35am		Tabata 30 Jess L		HIIT 30 Dean			
6:00am	BODYATTACK Sharna		Boxing Chris		BODYPUMP Ian		
6:10am		BODYPUMP Jess L		CXWORX Dean			
7:10am						Boxing Corey	
8:15am						BODYATTACK Sara	BODYPUMP 30 Sharna
8:45am							CXWORX Sharna
9:20am	BODYPUMP Joyce	BODYATTACK Virginia	BODYPUMP Darren M	BODYATTACK Sara	Boxing Chris	BODYPUMP Sara	BODYSTEP Sharna
10:35am	CXWORX Maree	BODYPUMP Virginia	Freestyle Step Joyce	CXWORX Dean	CXWORX Lee-Anne	HIIT 30 Dean	
11:10am	BODYSTEP 30 Maree			BODYPUMP 30 Sara	BODYCOMBAT 30 Lee-Anne		
11:45am			BODYPUMP 30 Mandy				
12:15pm		CXWORX 30 Mandy					
2:00pm					BODYPUMP Michelle H		
4:30pm		Zumba 45 Lee-Anne		BODYPUMP 45 Lee-Anne		BODYPUMP Mandy	BODYATTACK Joyce
5:30pm	BODYSTEP Daniel D	Boxing Chris	BODYPUMP Jess B	BODYSTEP Meaghan	Freestyle Step 30 Joyce		
6:00pm					CXWORX Mel G		
6:30pm	BODYPUMP Lauren K	BODYATTACK Sharna	BODYATTACK Martine	Boxing Chris	SH'BAM Mel G		
7:35pm	SH'BAM Mel G	BODYCOMBAT Phil	Zumba Lauren M	BODYPUMP Emily			
8:30pm	CXWORX Mel G						
Studio 2 - Mind, Body Studio							
6:00am				Yoga Laura			
7:10am						Yoga Kirsten	
8:15am						Pilates Kerrie	
9:20am	Yoga Kate	BODYBALANCE Kris	Yoga Laura	Pilates Debra	Trigger Point Maree	BODYBALANCE Steph	
10:35am	BODYBALANCE Kathy	Barre Attack Joyce	BODYBALANCE Gayle	Restore Yoga 90 Kirsten	Yoga Debra	Restore Yoga 90 Kirsten	Yoga Ulrike
11:45am		Active Stability Michelle F					
4:30pm	Yoga Kirsten						Yoga 90 Kate/Laura
5:00pm							
5:30pm	Pilates Mandy	BODYBALANCE Mandy	Yoga Natja	Barre Attack Mandy		Pilates Mandy	
6:30pm	Yoga Natja	Flow Vinyasa Yoga 	Barre Attack Mandy	BODYBALANCE Pauline			
7:30pm	BODYBALANCE Gayle	Pilates Mandy	BODYBALANCE Mandy	Yoga Ella			
8:30pm		Mindful Meditation Kathy	Pilates Kerrie				
Studio 3 - Cycle Studio							
5:35am	SPRINT  Ryan				SPRINT Danny		
6:00am		RPM Phil	MyRide+ Lauren K	RPM Jacqui			
6:10am	Cycle Ryan				RPM Danny		
7:30am						RPM Judy	
8:30am						MyRide+ Phil	SPRINT Danny
9:30am	MyRide+ Jinty	Cycle Express Jinty	MyRide+ Lexi	MyRide+ Jinty	RPM Phil	Cycle Beginner 45 Jeanette	RPM Bec
4:30pm		SPRINT Mandy					
5:45pm	SPRINT Jeanette		SPRINT Mandy	SPRINT Jeanette			
6:30pm		RPM Gayle	MyRide+ Lauren K	RPM Judy			
7:30pm							
Pool - Aqua Aerobics							
6:00am		Deep Water  Sim					
7:30am	Shallow Water Lynda	Shallow Water Brenda		Shallow Water Brenda	Shallow Water Caroline		
8:30am	Warm Water Robyn		Shallow Water Sim		Warm Water Robyn		Shallow Water Mel M
8:30am	Deep Water  Lynda					Aqua Fusion Susan	
9:30am	Warm Water Michelle C	Shallow Water  Michelle C	Warm Water Maz	HIIT Aqua  Robyn		Warm Water Susan	
9:30am			Deep Water Sim				
10:30am		Warm Water Michelle C	Warm Water Sim				HIIT Aqua Mel M
11:00am	Age Friendly Michelle C						
6:30pm	Shallow Water Jan			Warm Water Nina	Shallow Water Brenda		
7:30pm	Deep Water Jan		Deep Water Sim				