


















## AEROBICS TIMETABLE

### Week Ending 1st November 2009

DAY	MONDAY 26 October	TUESDAY 27 October	WEDNESDAY 28 October	THURSDAY 29 October	FRIDAY 30 October	SATURDAY 31 October	SUNDAY 1 November
TIME	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	8am-5.45pm	8am-5.45pm
6.15	SPINERGY Anna-Maria  DWAQ Sarah	CIRCUIT Sarah	 Allison  DWAQ Donna	SPINERGY Sarah	 Allison  DWAQ Donna		
8.10					7.15 STRETCH/CORE Gemma		SPINERGY Gemma
9.10	8.30 PILATES Tilley		8.30am PILATES Tilley		8.30am PILATES Tania	 Erin  DWAQ Anna-Maria	SPINERGY Cindy
9:30	 Trish  DWAQ Jo	SPINERGY Yvette	 Nadine  DWAQ Domonee	CIRCUIT Gemma	 Trish  DWAQ Jo		
10.10							 Andrea
10.30	SPINERGY Sarah	 Yvette	CIRCUIT Gemma	STRETCH/CORE Gemma	SPINERGY Nadine		
11.10						STEP Lisa B	
12.30	SPINERGY Katrina	CIRCUIT Sarah	 Tanya	SPINERGY Gemma	 Nadine		
4.30	STEP Domonee	 Anna-Maria	 Michelle	SPINERGY Megan	 Megan		
5.30	 Michelle	SIMPLE SWEAT Lisa B	SPINERGY Donna	 Allison	SPINERGY Lisa B	<b>Gym</b> <b>6222 6962</b> <b>Creche</b> <b>6222 6956</b> <b>Fax</b> <b>6222 6989</b>	
6.30	SPINERGY Michelle	SPINERGY Lisa W	 Andrea				
6.35		DWAQ Donna		PILATES Tilley  DWAQ Ann-Maria			
7.00			AQUA CIRCUIT Jo				
7.30		 Cindy					

**KEY**

HEART RATE & INTENSITY

♥ 1 2 3 4 5 (5 being the hardest)

CO-ORDINATION LEVEL

1 2 3 4 5 (5 being the hardest)



IMPACT LEVEL

Low/Medium/High

**NON IMPACT = both feet on the floor most of the time/floating in water**

**LOW IMPACT = one foot on the floor most of the time**

**HIGH IMPACT = both feet off the floor some of the time**

CLASS NAME	CLASS DESCRIPTION	IMPACT	HEART RATE & INTENSITY	CO-ORDINATION LEVEL
 <b>BODYPUMP</b>	Weight training in a class. Suitable for all - beginners through to experienced. Correct technique taught at each class.	None	♥ 2-5	1
 <b>BODY COMBAT</b>	A martial arts/shadow boxing/shadow kicking/tai chi style class for all levels.	Low-high	♥ 3-5	3
<b>CROSS TRAINING</b>	High intensity workout combining step, low impact & muscle conditioning exercises.	Varies – low to medium	♥ 3-5	2
<b>DEEP WATER AEROBICS (DWAQ)</b>	Wear a flotation belt and work as hard as you can. Suitable for athletes, general population and rehab. No impact - full range of movement.	None	♥ 3-4-5	1
<b>LOW IMPACT</b>	High intensity low impact class. Weights may be used, more emphasis on choreography and a variety of moves.	Low	♥ 3-4	3-5
<b>MASTERSTROKE (MS)</b>	Coach available to provide coaching points on swim technique & programming, in conjunction with regular lap swimming & aquarobics class.	None	♥ 3-4-5	1
<b>PILATES</b>	Improves muscle imbalance, lengthens and strengthens muscles, mobilizes joints and increases flexibility.	None	♥ 2	1-2
<b>SIMPLE SWEAT</b>	High intensity, high and low impact class with simple format. Higher repetitions. For the fit person who doesn't like complex choreography but likes to work hard.	High & low	♥ 4-5	1-2
<b>SPINERGY</b>	Stationary Indoor cycling work-out designed to increase cardiovascular fitness and endurance, burn fat and tone the legs and butt. Bookings are required for weekday morning classes between 9am and 12pm. To book please phone Gym Reception on 62226962 up to 1 day ahead.	None	♥ 3-5	1
<b>STEP</b>	For all fitness levels - just change the number of platforms used. Not recommended for pregnant women in last trimester. May use weights.	Low-high	♥ 3-5	2-4
<b>STRETCH</b>	A 45-minute to 1 hour supervised full body stretch, lengthening muscles, increase flexibility, relaxation and reduce stress.	None	♥ 1-2	1