





















## AEROBICS TIMETABLE

### Week Ending 8th November 2009

DAY	MONDAY 2 November	TUESDAY 3 November	WEDNESDAY 4 November	THURSDAY 5 November	FRIDAY 6 November	SATURDAY 7 November	SUNDAY 8 November
TIME	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	8am-5.45pm	8am-5.45pm
6.15	SPINERGY Donna  DWAQ Anna-Maria	 Erin	 Allison  DWAQ Kelliann	SPINERGY Sarah	 Jane  DWAQ Kelliann		
8.10				7.15 STRETCH/CORE Gemma		SPINERGY Lisa B	
9.10	8.30am PILATES Tilley		8.30am PILATES Tilley		8.30am PILATES Tania	 Richard	SPINERGY Katrina
9:30	 Tanya  DWAQ Jo	SPINERGY Trish	 Jane  DWAQ Domonee	CIRCUIT Gemma	 Nadine  DWAQ Stacey		
10.10						 Allison	 Andrea
10.30	SPINERGY Anna-Maria	 Yvette	CIRCUIT Gemma	STRETCH/CORE Gemma	SPINERGY Katrina		
11.10						STEP Domonee	
12.30	SPINERGY Katrina	CIRCUIT Sarah	 Erin	SPINERGY Lisa W	 Nadine		
1.00						DWAQ 1.00pm Sarah	
4.30	STEP Gemma	 Anna-Maria	 Cindy	SPINERGY Megan	 Andrea		
5.30	 Michelle	SIMPLE SWEAT Lisa B	SPINERGY Lisa W	 Allison	SPINERGY Cindy	<p><b>Gym</b> 6222 6962 <b>Creche</b> 6222 6956 <b>Fax</b> 6222 6989</p>	
6.30	 Andrew	SPINERGY Lisa B	 Andrea				
6.35		DWAQ Donna		PILATES Tilley  DWAQ Sarah			
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