





















## AEROBICS TIMETABLE

### Week Ending 15th November 2009

DAY	MONDAY 9 November	TUESDAY 10 November	WEDNESDAY 11 November	THURSDAY 12 November	FRIDAY 13 November	SATURDAY 14 November	SUNDAY 15 November
TIME	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	8am-5.45pm	8am-5.45pm
6.15	SPINERGY Megan  DWAQ Sarah	 Trish	 Megan  DWAQ Kelliann	SPINERGY Mel	 Allison  DWAQ Kelliann		
8.10				7.15 Pilates Mel		SPINERGY Trish	
9.10	8.30 PILATES Tilley		8.30am PILATES Tilley		8.30am PILATES Tania	 Richard  DWAQ Donna	SPINERGY Yvette
9:30	 Jane  DWAQ Donna	SPINERGY Lisa W	 Nadine  DWAQ Stacey	SPINERGY Katrina	 Nadine  DWAQ Jo		
10.10						 Andrea	 Megan
10.30	SPINERGY Jane	 Jane	CIRCUIT Erin	STRETCH/CORE N/A THIS WEEK	SPINERGY Katrina		
11.10						STEP Lisa B	
12.30	SPINERGY Katrina	CIRCUIT Erin	 N/A THIS WEEK	SPINERGY Cindy	 Tanya		
4.30	STEP Domonee	 Erin	 Cindy	SPINERGY Michelle	 Andrea		
5.30	 Allison	SIMPLE SWEAT Lisa B	SPINERGY Lisa B	 Michelle	SPINERGY Tanya	<u>Gym</u> 6222 6962 <u>Creche</u> 6222 6956 <u>Fax</u> 6222 6989	
6.30	 Erin	SPINERGY Sarah	 NA this week	PILATES Tilley			
6.35		DWAQ Donna		DWAQ Sarah			
7.00			DWAQ Rachel				
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