

AEROBICS TIMETABLE

Week Ending 27th September 2009

DAY	MONDAY 21 September	TUESDAY 22 September	WEDNESDAY 23 September	THURSDAY 24 September	FRIDAY 25 September	SATURDAY 26 September	SUNDAY 27 September
TIME	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	8am-1.00pm	8am-5.45pm
6.15	SPINERGY Jane	BODY COMBAT Trish	BODYPUMP Jane	SPINERGY Melanie	SPINERGY Anna-Maria		
	DWAQ Sarah		DWAQ Donna		DWAQ Kelliann		
8.10				7.15 PILATES Melanie		SPINERGY Emma-Jean	
9.10			8.30am PILATES Tilley			BODY COMBAT Tanya	SPINERGY Trish
						DWAQ Donna	
9.30	BODYPUMP Tanya	SPINERGY Sarah	BODYPUMP Nadine	CIRCUIT Gemma	BODY COMBAT Anna-Maria		
	DWAQ Jo		DWAQ Stacey		DWAQ Jo		
10.10						BODYPUMP Andrea	BODYPUMP Tanya
10.30	SPINERGY Anna-Maria	CIRCUIT Gemma	CIRCUIT Gemma	STRETCH / CORE Gemma	SPINERGY Nadine		
11.10						STEP Gemma	
12.30	SPINERGY Gemma	CIRCUIT Gemma	BODY COMBAT Anna-Maria	SPINERGY Gemma	BODYPUMP Nadine	Gym closing at 1.00pm	
4.30	STEP Domonee	BODY COMBAT Tanya	BODYPUMP Michelle	SPINERGY Megan	BODYPUMP Tanya		
5.30	BODYPUMP Jane	CIRCUIT Sarah	SPINERGY Lisa W	BODYPUMP Jane	SPINERGY Lisa B	Gym 6222 6962 Creche 6222 6956 Fax 6222 6989	
6.30	BODY COMBAT Anna-Maria	SPINERGY Sarah	BODYPUMP Andrea				
6.35		DWAQ Anna-Maria		PILATES Tilley			
			DWAQ Domonee				
7.00			AQUA CIRCUIT JO				
7.30		BODYPUMP Andrea					

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
 BODYPUMP	Weight training in a class. Suitable for all - beginners through to experienced. Correct technique taught at each class.	None	♥ 2-5	1
 BODY COMBAT	A martial arts/shadow boxing/shadow kicking/tai chi style class for all levels.	Low-high	♥ 3-5	3
CROSS TRAINING	High intensity workout combining step, low impact & muscle conditioning exercises.	Varies – low to medium	♥ 3-5	2
DEEP WATER AEROBICS (DWAQ)	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
LOW IMPACT	High intensity low impact class. Weights may be used, more emphasis on choreography and a variety of moves.	Low	♥ 3-4	3-5
MASTERSTROKE (MS)	Coach available to provide coaching points on swim technique & programming, in conjunction with regular lap swimming & aquarobics class.	None	♥ 3-4-5	1
PILATES	Improves muscle imbalance, lengthens and strengthens muscles, mobilizes joints and increases flexibility.	None	♥ 2	1-2
SIMPLE SWEAT	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
SPINERGY	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
STEP	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
STRETCH	A 45-minute to 1 hour supervised full body stretch, lengthening muscles, increase flexibility, relaxation and reduce stress.	None	♥ 1-2	1