







<b>bodyblaster</b>	<b>BODYBLASTER</b> is a cardio charged workout that is high energy and motivating. Start your week on the right foot with 45 minutes of bodyweight exercises and cardio.
<b>PILATES</b>	<b>PILATES</b> (or the Pilates method) is a series of about 500 exercises inspired by calisthenics, yoga and ballet. Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness
	<b>Cardio Aqua</b> is a low impact cardio 45 minute class with upbeat music in chest height water using water as resistance as well as equipment like foam dumbbells and noodles that gets the heart pumping.
	<b>DEEP WATER AQUA</b> involves the performance of movement while suspended in water wearing a buoyancy belt, resulting in a non-impact, high-resistant, total body exercise workout. Benefits of this method include less stress on the back, hips, knees and ankles. great core workout and recommended for runners.
<b>NIFTY FIFTYS</b>	<b>NIFTY FIFTY'S</b> class is a combination of functional exercises, strength training and light cardiovascular exercises designed for 50 plus.
	<b>LES MILLS RPM</b> Take on the terrain with your Les Mills team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training..
	<b>COTA STRENGTH FOR LIFE</b> Strength training for seniors under the qualified instruction of a specially-trained instructor. Note: this class requires prior registration. Please see front office for details.
<b>RIPPED</b>	<b>Resistance, Intervals, Power, Plyometrics, Endurance &amp; Done.</b> Cardio and strength all in one.
<b>PUMPED UP</b>	<b>PUMPED UP</b> is a strength workout using barbells, dumbbells and bodyweight. Instructors will coach you through moves and techniques pumping out encouragement, helping you achieve much more than on your own!
<b>TEEN TIME</b>	<b>TEEN TIME</b> is a supervised 90 mins for teens aged 13 up to and including 16 years of age.
	<b>High Intensity Interval Training (H.I.I.T)</b> will have you supercharging your fitness, giving all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery period. Boosting your metabolism, burning fat even after you have finished class.
	<b>LES MILLS SPRINT™</b> is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.
<b>BOOTCAMP</b>	<b>BOOTCAMP</b> This 45 minute class packs a punch with a total body work out using all sorts of equipment.
<b>SUPERSESSION</b>	A super charged session to get your blood pumping and start your weekend with a big calorie burn
<b>Low Impact High Intensity</b>	<b>Low impact high intensity</b> A 45 minute combination of circuit, interval and resistance training using a variety of equipment and bodyweight exercises. Choose your own intensity and modifications as needed- although we certainly provide the opportunity to work hard.

From 10<sup>th</sup> January 2022



## Group Fitness Timetable

### Opening Times

Monday – Friday	6am -7pm
Saturday and Sunday	8am – 3pm
PUBLIC HOLIDAYS	8am - 1pm



**Barossa Aquatic Fitness Centre**  
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**\*\*Classes may change without prior notice. Insufficient numbers may result in a class being removed from the timetable.\*\***

**\*teen timers can participate in these classes**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am	<b>BODYBLASTER*</b> (45) Emma – Court	<b>RIPPED</b> (45) Kelvin – court 1	<b>LES MILLS SPRINT*</b> (30) Lynda-court <b>MUST BOOK</b>	<b>HIIT*</b> (30) Kelvin – court 1	<b>LES MILLS RPM*</b> (45) Alex –studio <b>MUST BOOK</b>	<b>8:15AM</b> (45) <b>SUPERSESSION</b> Kelvin / Shaun
7.00am			<b>LES MILLS SPRINT*</b> (30) Lynda- court <b>MUST BOOK</b>			
9.15am	<b>PILATES*</b> (45) Susan - MPR ‘ <b>MUST HAVE OWN MAT</b>	<b>PUMPED UP</b> (45) Emma– court	<b>LES MILLS SPRINT*</b> (30) Lynda- court <b>MUST BOOK</b>	<b>RIPPED</b> (45) Emma – court 1	<b>LOW IMPACT / HIGH INTENSITY</b> (45) Emma– couirt	
9.15am	<b>BODYBLASTER*</b> (45) Emma – Court			<b>PILATES*</b> (45) Susan – MPR <b>MUST HAVE OWN MAT</b>		
10.30am	<b>STRENGTH FOR LIFE</b> (60) Emma – gym	<b>NIFTY FIFTYS</b> (60) Emma – court	<b>STRENGTH FOR LIFE</b> (60) Emma– gym	<b>NIFTY FIFTYS</b> (60) Emma– court	<b>STRENGTH FOR LIFE</b> (60) Emma – gym	
3.30pm	<b>TEEN TIME*</b> (90) Charli – Gym	<b>TEEN TIME*</b> (90) Charli - Gym	<b>TEEN TIME*</b> (90) Charli / Shaun- Gym	<b>TEEN TIME*</b> (90) Lisa / Shaun - Gym		
5.15pm	<b>SPIN HIIT*</b> (30) Kelvin – Court <b>MUST BOOK</b>	<b>HIIT*</b> (30) Charli – MPR	<b>RIPPED</b> (45) Shaun / Charli court 1	<b>BOOTCAMP</b> (45) Shaun / Kelvin		

## **AQUA AEROBIC CLASSES FOR MONDAY THE 10<sup>TH</sup> – FRIDAY 14<sup>TH</sup> JANUARY 2022**

**ALL CLASSES IN THE LAP POOL & MEMBERS MUST BOOK 85632766**

**NO GENTLE AQUA CLASSES THIS WEEK**

**NEXT WEEKS CLASSES ADVERTISED WEDNESDAY 12/1/22**

	MONDAY 10/1/22	TUESDAY 11/1/22	WEDNESDAY 12/1/22	THURSDAY 13/1/22	FRIDAY 14/1/22
6.30am		<b>CARDIO AQUA*<sup>(45)</sup></b> Lisa – Lap Pool <b>MUST BOOK</b>		<b>CARDIO AQUA*<sup>(45)</sup></b> Lisa – Lap Pool <b>MUST BOOK</b>	
8.45am	<b>CARDIO AQUA*<sup>(45)</sup></b> Lisa – Lap Pool <b>MUST BOOK</b>		<b>DEEP WATER*<sup>(45)</sup></b> Lisa – Lap Pool <b>MUST BOOK</b>		<b>DEEP WATER*<sup>(45)</sup></b> Lisa – Lap Pool <b>MUST BOOK</b>
6.15pm	<b>CARDIO AQUA*<sup>(45)</sup></b> Lisa – Lap Pool <b>MUST BOOK</b>				