



550 Marion Road, Plympton Park SA 5038  
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<b>OPENING HOURS:</b>	<b>MONDAY</b>	6am - 9pm	<b>FRIDAY</b>	6am - 7:30pm
	<b>TUESDAY</b>	6am - 9pm	<b>SATURDAY</b>	8am - 2pm
	<b>WEDNESDAY</b>	6am - 9pm	<b>SUNDAY</b>	9am - 1pm
	<b>THURSDAY</b>	6am - 8:30pm	Public Holidays as advised	

**GROUP FITNESS TIMETABLE**      **SUMMER - effective from 1<sup>st</sup> DEC 2009**

**GROUP FITNESS STUDIO 1**

Time	MON	TUE	WED	THU	FRI	SAT	SUN
6:15am			<b>Body Pump</b> Sally		<b>BodyAttack</b> Jeanette		
8:30am						<b>BodyCombat</b> Leisa	
9:30am	<b>BodyCombat</b> Leisa	<b>BodyAttack</b> Ali		<b>BodyAttack</b> Cheryl	<b>Body Step</b> Ali	<b>Body Pump</b> Gail	<b>Low Impact Fat Burner</b> Cheryl
10:30am	<b>BodyBalance</b> Sally	<b>Body Pump</b> Sally	<b>Body Step</b> Ali	<b>Body Pump</b> Ali	<b>BodyBalance</b> Ali	<b>Body Attack</b> Cheryl	<b>BodyBalance</b> Ali
6:15pm	<b>Body Pump</b> Ali	<b>BodyAttack</b> Lisa	<b>Body Pump</b> Jane	<b>Body Step</b> Ali	<b>Pilates*</b> Gail	<b>*45 minute class only</b>	
7:15pm	<b>Body Attack</b> Ali	<b>Step &amp; Sweat</b> Gail	<b>BodyBalance</b> Lyn	<b>Body Pump</b> Gail			
*7:30pm	<b>BodyBalance</b> Sally	<b>*7:30pm class in Studio 2</b>					

**R. P. M. INDOOR CYCLING STUDIO**

Time	MON	TUE	WED	THU	FRI	SAT	SUN
6:15am		Kevin		Kevin			
8:30am						Jeanette	
9:30am	James		Sally				
10:30am					Alison		James/ Lisa
6:30pm	Sally		Grant	James/ Grant			

## WET AREA - GROUP AQUA CLASSES & POOL LANE CLOSURES\*


Time	MON	TUE	WED	THU	FRI	SAT	SUN
9:15am						<b>AQUA</b> Bruce	
9:30am	<b>AQUA</b> Janice	<b>AQUA</b> Lisa	<b>AQUA</b> Janice		<b>AQUA</b> Janice		
6:30pm		<b>AQUA</b> Wendy		<b>AQUA</b> Wendy			
7:30pm		<b>AQUA</b> Wendy					


\*PLEASE NOTE: 2 lanes available only as follows: **MON - THURS** from 3:30 to 6pm - due to children's swimming lessons  
**MON/WED/FRI** from 11 to 12noon & 1:30 to 2:30pm - physio rehab.


## GROUP FITNESS / STUDIO 2 (above pool)


Time	MON	TUE	WED	THU	FRI	SAT	SUN
5:30pm	<b>KICKBOX</b> Tim		<b>KICKBOX</b> Tim	<b>KICKBOX</b> James			


### CLASS DESCRIPTIONS


 **BODYATTACK™** is a simple, high-intensity group exercise-to-music class that's fully optioned to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper & lower body conditioning exercises.

 **BODYBALANCE™** is the Yoga, Tai Chi & Pilates workout that leaves you feeling long, strong, centered & calm. It is your personal time out from the stress & strains of daily life - a 55-minute group exercise-to-music class that enhances your physical & mental well-being.

 **BODYCOMBAT™** is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Kung Fu, kickboxing, Muay Thai & Tai Chi. Each 55-minute class is choreographed to 10 tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

 **BODYPUMP™** is the fastest way to shape up & lose body fat. It is a toning & conditioning class with weights & is for just about everybody who wants to add strength training into their aerobic workout. The simplicity of the class makes it a great starting point to develop strength & confidence. Hot sounds & compelling choreography keep you going through each workout. You will use a step platform, a bar & a set of weights.  
 If you are new to weights-resistance exercise or you are out of shape, you should start with light weights. After a few classes you will recognise the correct weight for you. If you are unsure, ask your instructor.

 **BODYSTEP™** is a simple, athletic & fun workout using an adjustable step platform to step up & down to uplifting music. Some of the benefits you can expect to achieve in this class are toning for the lower body; increased cardio fitness & coordination & upper & lower body conditioning for functional strength.

 **RPM™** is a 50-minute indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of 20-25 kilometres of varied terrain, controlling the intensity of your workout with a resistance dial & pedal speed.

**LOW IMPACT FAT BURNER** - a fun-filled, simple to follow, continuous high intensity / low impact aerobic workout for everyone.

**STEP & SWEAT** - a simple, continuous freestyle, step moves class for everyone. Calories & fat burnt can be compared to running at a moderate pace, with no added stress to the legs, ankles & knees as walking.

**AQUA** - a 45minute non-impact interval style workout where water provides added resistance to improving cardiovascular fitness & endurance. You will use equipment like foam dumbbells & noodles to further assist improving overall tone & strength.

**KICKBOX** - a martial arts inspired cross-training circuit designed to improve strength & stamina through a series of exercises & equipment. You will seriously challenge your speed & fitness & build self confidence by working far outside your comfort zone.

**PILATES** - using the traditional exercise system, this 45 min. class focuses on core & postural strength with breathing awareness. The body is trained as an integrated whole, promoting balanced muscle development as well as flexibility & increased range of motion for joints.