


# Monbulk Aquatic Centre Aqua Aerobics Classes

Current Timetable - valid from 22 April 2024

SWIMMING POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM		Aqua Pilates (45)					
8:30AM	Aqua Fit (45)		Aqua Fit (45)	Aqua Pilates (45)	Aqua Fit (45)		
9:30AM	Aqua Fit (45)	 Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)		

See Class Guide description for more information on specific classes and their benefits.

# Monbulk Aquatic Centre Specialised\* Training & Classes held in Creche area

Current Timetable - valid from 22 April 2024

SPECIALIST CLASSES							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30AM			Wonder Women		Wonder Women		
8:15AM				Wonder Women			
9:30AM				Cycle (30)**			
10:30AM		Total Tone**					
12:30PM	Senior Circuits (45)		Senior Circuits (45)				
1:30PM	Move To Improve		Move To Improve	Move To Improve			

See Class Guide description for more information on specific classes and their benefits.

\*Specialised refers to programs led by qualified trainers and targeted to the individuals enrolled

\*\*Class held in the Creche

# GROUP FITNESS ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM	Hi Energy Circuit (45)	<b>LES MILLS</b> Body Pump (45)	Hi Energy Circuit (45)	<b>LES MILLS</b> RPM	Hi Energy Circuit (45)		
8:05AM						<b>LES MILLS</b> Body Pump (45)	
9:00am						<b>LES MILLS</b> RPM	Vinyasa Yoga
9:10AM	<b>LES MILLS</b> Body Pump (45)	<b>LES MILLS</b> RPM	HIIT	Vinyasa Yoga	<b>LES MILLS</b> Body Pump (45)		
9:45AM			Core & More				
10:00am	<b>LES MILLS</b> RPM	<b>LES MILLS</b> Core			<b>LES MILLS</b> Core	Zumba	Yin Yoga
10:30AM		Yoga	Move & Stretch	Pilates	Tai Chi		
10:50am	Total Tone						
11:30AM	Pilates	Pilates	Pilates	Tai Chi	Pilates		
5:30PM	<b>LES MILLS</b> Body Pump (45)	Total Tone					
6.00PM		Spin (45)	Hi Energy Circuit	Body Blast			
6:15PM	Hi Energy Circuit						
7:00PM		Vinyasa Yoga	Core & More	Yoga			
7:15PM	Pilates						

**NEW!**

**NEW!**

**NEW!**

**NEW!**

**NEW!**

# Monbulk Aquatic Centre Group Fitness Classes

## Class Guide for Members

AQUA	Description	Time
<b>Aqua Fit</b>	This fun, water based aerobic workout will get you feeling energized in mind and body. By using the natural resistance of the water as you move through the various moves, you will feel your muscles, core strength and overall fitness increase.	45 minutes
<b>Aqua Pilates</b>	Yes you guessed it - Pilates in the water! A fantastic class to help you build core strength and work on your bodies ability to utilise and engage the core which lends itself to every day tasks and general health and wellbeing.	45 minutes

# Monbulk Aquatic Centre Group Fitness Classes

## Class Guide for Members

<b>SPECIALISED</b>	<b>Description</b>	<b>Time</b>
<b>Move to Improve</b>	Gentle exercise designed to increase functional mobility, improve muscle and bone strength and enhance balance and flexibility. Recommended for older adults. Medical Clearance required to participate.	60 minutes
<b>Wonder Women</b>	Designed more for beginners and mature ages, it is the best workout to get you back into loving the gym and wanting to go! It will strengthen the joints and increase balance and flexibility.	60 minutes
<b>Senior Circuits</b>	Circuits target a broad range of muscles with a sequence of moderate-intensity exercises and are a great way to exercise your entire body at a level of intensity that's right for you. This 45-minute version is specifically designed for older exercisers.	45 minutes
<b>Cycle</b>	This fun, no-impact cardio class offers all the fun of a cycle class with less intensity and is a great way to stay fit!	30 minutes

# Monbulk Aquatic Centre Group Fitness Classes

GX ROOM	Description	Time
<b>Body Blast</b>	Our qualified instructor guides each participant through a beginner friendly circuit using a variety of equipment including hand weights, balls, bands. Suitable for all ages and fitness levels.	45 or 55 minutes
<b><i>LES MILLS</i></b> Body Pump	BODYPUMP, a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health.	45 minutes
<b><i>LES MILLS</i></b> Core	LES MILLS CORE is a workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core.	30 minutes
<b>Core &amp; More</b>	This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the foundation core muscles. The instructor may include a variety of equipment in this great workout.	30 minutes
<b>Hi Energy Circuit</b>	This moderate to high intensity circuit-style class incorporates resistance and cardiovascular exercises for a total body workout. Suitable for all levels of fitness.	45 or 55 minutes
<b>HIIT</b>	Suitable for everyone from beginners to athletes, this class focuses on bursts of high-intensity strength and cardio exercises followed by brief periods of recovery. A short, sharp workout that gets results fast.	30 minutes
<b>Move and Stretch</b>	A gentle stretching, movement and flexibility class designed to aid recovery, prevent injury and regain mobility. Our qualified instructor takes you through guided stretches that are tailored to all levels of mobility.	55 minutes

# Monbulk Aquatic Centre Group Fitness Classes

GX ROOM	Description	Time
Pilates	This class focuses on core strengthening movements- improving posture, flexibility and strength through the connection of mind and body with breath. It teaches body awareness and graceful movement. Suitable for newcomers.	60 minutes
<b>LES MILLS</b> RPM	RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and a big calorie burn. Your instructor takes you on a journey of hill climbs, sprints and flat riding.	45 minutes
Spin	This fun, no-impact cardio class features intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire!	30 or 45 minutes
Total Tone	A fun, low impact, whole body workout set to burn some calories, tone your core and help strength and condition all your favourite muscles	30 mins
Yoga (general description for all types)	Combines flowing breath connected Yoga and Somatic Movement supporting principles, exploring healthy ranges of motion to encourage deep body and mind awareness, strength and positive re-patterning. The intricate body explored to create understanding and harmony within.	60 minutes
Tai Chi	Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. We recommend bringing your own mat.	
Zumba	Gives you a calorie burning, cardiovascular workout in the atmosphere of a dance party! Latin dance moves are the basis for this	45 or 60 minutes