

IVANHOE AQUATIC

GROUPFITNESS Timetable

Effective from **06/07/20**

MAIN STUDIO - Entry via Outdoor ramp

STUDIO	MON	TUES	WED	THUR	FRI	SAT	SUN
7.00am	Body Pump		Body Pump				
8.15am						Body Pump	
8.45am						CX Worx	
9.30am	Body Step	Body Pump		Body Pump	Body Attack	Body Step	Body Attack
10.45am	Body Balance			Body Balance	Body Pump	Body Pump	Hatha Yoga
12.00pm		Boomers 60+		Boomers 60+			
5.30pm		Body Pump					
5.45pm				Body Attack			
6.00pm	Body Attack				Body Pump		
6.30pm			Body Pump				
7.00pm	Body Pump						

WELLNESS STUDIO - Entry via Outdoor ramp

STUDIO	MON	TUES	WED	THUR	FRI	SAT	SUN
6.30am				HIIT 30			
9.15am					Tai Chi Int/Exp		
9.30am	Pilates		Pilates	Barre Sculpt			Barre Sculpt
10.00am		Barre Sculpt					
10.30am					SSS		
10.45am	SSS						
5.30pm			Tabata				
6.15pm	Barre Sculpt		Barre Sculpt				
6.30pm					Iyenger Yoga		

CYCLE STUDIO - Entry via Outdoor ramp

STUDIO	MON	TUES	WED	THUR	FRI	SAT	SUN
6.05am	RPM		Cycle		Cycle		
7.00am		Cycle					
7.05am				Cycle HIIT			
8.30am							Cycle Extreme
9.20am	Cycle				RPM		
9.30am			Cycle				
10.35am						Cycle	
7.00pm	Cycle	Cycle	Cycle	Cycle			

PLEASE ENTER ALL IVANHOE AQUATIC STUDIO CLASSES DIRECTLY VIA OUTDOOR RAMP

Booking ticket must be presented to instructor

Please ensure you bring a towel

All other normal conditions of use apply

Class times/types subject to change

FUNCTIONAL TRAINING AREA

GYM	MON	TUES	WED	THUR	FRI	SAT	SUN
11.00am	LLLS		LLLS		LLLS		

*Ivanhoe LLLS - requires an 11am booking

AQUA FITNESS

POOL	MON	TUES	WED	THUR	FRI	SAT	SUN
9.00am	Aqua	Aqua	Aqua	Aqua	Aqua		
10.45am						Aqua	Aqua

CLASS DESCRIPTIONS

Classes encourage you to get fit in a fun and social way.
We take pride in providing you with exceptional instructors that create an inclusive & welcoming atmosphere for you.

MINDBODY

Pilates

Focussing on stabilising the core to promote correct posture and spinal alignment. Pilates is for everyone of all levels of fitness, and perfect for people who suffer back pain.

Tai Chi

A traditional Chinese mind-body relaxation class. Tai Chi comprises exercise sequences performed in slow, gentle movements. Tai Chi enables harmony of mind and body, improved mobility, suppleness and mental alertness.

Vinyasa Yoga

Challenge yourself to build strength, burn calories and increase flexibility. Students coordinate movement with breath to flow from one pose to the next.

Purna Yoga

Integrates the vast aspects of yoga and focuses on uniting mind, body and spirit. It offers more than just exercise because you are more than just a body.

Hatha Yoga

Focus on breathing, postures, relaxation and meditation. Hatha classes are designed to align and calm your body, mind, and spirit.

Iyengar Yoga

A form of Hatha Yoga that has an emphasis on detail, precision and alignment in the performance of posture and breath control.

CYCLESTYLES

Cycle

A 45 minute indoor cycle journey, choreographed to music and suitable for all fitness levels. Determine whether you ride at your own pace or keep up with the Pelotoni.

Cycle HIIT

high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, recovery periods, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

LES MILLS RPM

You control the intensity. It's fun, low impact and burns loads of calories in a 45 minute session or push your limits for 60 minutes in RPM Extreme. With great music pumping and the group riding as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

WATERAEROBICS

Aqua

A fun, energetic class involving exercises in water to music. Zero impact and easy on joints, it's great for all levels of fitness and provides general body conditioning.

BOOMERSPROGRAMS (60+)

Seniors Strength & Stretch (SSS)

A light, full body workout that can be taken at your own pace using a variety of equipment including barre, bands and dumbbells. Gain confidence exercising and have fun connecting with others.

Boomers

Cardiovascular fitness and muscle toning, using equipment and body weight, with a focus on resistance exercises to improve bone density, strength and fitness.

Living Longer Living Stronger (LLLS)

Living Longer Living Stronger is a COTA supported, evidence based progressive strength training and exercise program designed specifically for the over 50's

GENERALCLASSES

Barre Sculpt

A dynamic, low impact, high intensity workout to music combining ballet principles, pilates, short cardio intervals and posture correcting resistance and training. This class is suitable for all levels of fitness

BoxFit

A fiercely energetic program providing a total body workout. Harness boxing combinations and cardio routines in tandem with a partner using boxing gloves and focus pads.

Zumba

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No experience is needed.

Circuit

Using dumbbells, barbells and bodyweight exercises, this class works on cardiovascular fitness and muscle toning, and is suitable for all fitness levels.

LES MILLS CLASSES

LES MILLS BODYBALANCE

Ideal for anyone and everyone, Body Balance is the yoga-based class that will improve your mind & body. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi + Pilates.

LES MILLS BODYATTACK

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS BODYPUMP

Barbell exercises for anyone looking to get lean, toned and fit – fast. Using weights with lots of repetition, you get a total body workout. Instructors Pump out encouragement, motivation and great music.

LES MILLS tone

Want the optimal mix of strength, cardio and core training? This is it. You'll tick off a complete workout. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level.

LES MILLS BODYSTEP

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP – a full-body cardio workout to really tone your butt and thighs.

LES MILLS CXWORX

Exercising muscles around the core, CxWorx provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do. It's challenging but achievable for all levels of fitness.

FUNCTIONALTRAINING

30 Functional

A range of exercises which involve training the body for the activities performed in daily life. Strengthen all the major muscle groups. Combine press work, squats, body-weight, suspension training & more.

30 TRXtreme

A full body workout, using TRX suspension equipment. Work the entire body in every plane of motion with versatile, scalable options that anyone can use to perform exercises that improve movement on the field or in life.

Tabata

A particular form of high intensity interval training (HIIT) combining 20 second bursts of high intensity exercise with 10 second recovery periods 8 times for an intense 4 minutes. Rest go again with another exercise!

HIIT 30

High intensity circuits using dumbbells, medicine balls and kettlebells to name a few. Go hard for 30 minutes