

# Group Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.10am BodyPump&CX* 45min	6.10am GRIT Strength* 30min	6.10am BodyPump&CX* 45min	6.10am GRIT Strength* 30min	6.10am CXWorx 30min		
				7.00am Slow Flow Yoga 60min		
9.05am Dynamic Yoga 55min	9.05am Pilates 55min	9.05am GRIT Strength* 30min	9.05am Pilates Evolve 55min	9.05am BodyPump XP* 45min	9.00am BodyPump* 60min	9.15am Dynamic Yoga 60min
10.30am CXWorx 30min	10.30am BodyPump* 60min	10.30am CXWorx 30min	10.30am BodyPump* 60min	10.30am CXWorx 30min	10.30am Tone 45min	10.30am CXWorx 30min
		11.30am Alpine Stretch 45min		11.30am Yoga Stretch 60min	11.30am Yoga Stretch 60min	
12.30pm BodyPump XP* 45min	12.30pm Yoga Stretch 60min	1.00pm Tone 45mins	12.30am Dynamic Yoga 60min	1.00pm Tone 45mins		
5.00pm GRIT Strength* 30min	5.00pm GRIT Strength* 30min	5.00pm CXWorx 30min	5.00pm BodyPump XP* 30min	5.45pm BodyPump XP* 45min		5.00pm BodyPump XP* 45min
6.00pm Tone 45min	6.00pm BodyPump* 60min	6.00pm BodyCombat XP 45min	6.00pm CXWorx 30min			6.15pm Yin Yoga 60min
7.00pm Alpine Stretch 45min	7.30pm Dynamic Yoga 60min	7.00pm Slow Flow Yoga 60min	7.00pm Dynamic Yoga 60min			

# RPM Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am SPRINT 30min	6.10am RPM* 45min	7.00am SPRINT 30min	6.10am RPM* 45min	7.00am SPRINT 30min		
	7.20am SPRINT 30min		7.20am SPRINT 30min		8.30am RPM 45min	
9.15am SPRINT 30min	9.15am RPM* 45min	9.30am RPM 45min	9.15am SPRINT 30min	9.30am RPM 45min	10:00am RPM 45min	9.30am RPM 45min
	5.00pm SPRINT 30min			12:30pm SPRINT 30min		
6.00pm RPM 45min	6.00pm SPRINT 30min	6.00pm RPM 45min	6:00pm SPRINT 30min			5.30pm SPRINT 30min

## Key:

\* LATEST CHANGES \*

Alpine Classes

Les Mills Classes

Aquatic Classes

Les Mills SPRINT classes

Yoga Classes

Effective from 31 August 2020

\*Not available as TeenFit class

# Group Fit Class Descriptions

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**LES MILLS CX WORX:** Based on cutting-edge scientific research, CX WORX combines the best of personal training with the energy of group fitness all in just 30 minutes! Honing in on the torso and sling muscles that connect your upper body to your lower body, it's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

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**LES MILLS BODY PUMP\*:** The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights will get you the results you came for - and fast!

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**LES MILLS TONE:** This class features the optimal mix of strength, cardio and core training. A great cross training class. Accommodates all levels.

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**LES MILLS GRIT STRENGTH\*:** Builds strength and lean muscle. Works all the major muscle groups and sends your metabolism into overdrive to burn fat for hours after the workout. Stimulates the production of growth hormone which reduces fat and helps develop lean muscle

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**ALPINE STRETCH:** An athletic stretching class. Simple positions that target the most over used muscles in the body.

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**ALPINE PILATES:** A body conditioning routine that builds flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates emphasises the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement. Pilates is one of the best forms of exercise for overall conditioning, toning and relaxation.

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**ALPINE PILATES EVOLVE:** Our Evolve class is a step up from our standard pilates class. We lift the level a little to challenge people who are looking for that bit extra. However our instructor teaches to whoever is in the room, so movements can be modified if needed. This class is not suitable for those who are injured, so for the likes of back injuries etc. we recommend attending the standard pilates class where the movements are more fundamental. A reasonable base fitness is ideal.

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**ALPINE TAI CHI:** Designed to improve mobility, flexibility and balance, Tai Chi involves a series of slow, fluid, gentle movements based on an ancient form of exercise that has been practiced for hundreds of years. Tai Chi has been shown to promote relaxation and prevent falls through improvement in balance reactions and lower limb strength. The perfect class for beginners as no experience is needed. Join us for a cup of green tea after class.

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**ALPINE SLOW FLOW YOGA:** This class flows from one posture to the next but at a slow pace with plenty of time and space to get in and out of postures.

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**ALPINE DYNAMIC YOGA:** These classes are active and sometimes challenging. Poses flow from one posture to the next but at a faster pace than slow flow. Both a yoga experience and a workout.

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**ALPINE YIN YOGA:** This class will reduce tightness and stress and increase mobility and flexibility. This is a slow paced style of yoga with poses that re held for longer times to allow the body to relax into the position.

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**ALPINE YOGA STRETCH:** Our yoga teachers put together a sequence of yoga poses that focus on stretching and relaxing. They might use props and the class will vary with the instructor.

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**RPM:** The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your inner athlete while you sweat and burn to reach your endorphin high.

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**LES MILLS SPRINT:** LES MILLS SPRINT is the indoor cycling workout that pushes you further. 30 minutes of high intensity interval training (HIIT) on a bike, LES MILLS SPRINT motivates you to push your physical and mental limits, led by an expertly trained instructor and a scientifically proven exercise program.

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Effective from 31 August 2020

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