

Mon 24	Tue 25	Wed 26	Thu 27	Fri 28	Sat 29	Sun 30	Mon 31
9.15am Emily 	CLOSED	CLOSED	6.10am EJ LES MILLS RPM	6.10am Petryce LES MILLS BODYPUMP	8.10am Ang 	9.15am Ebony LES MILLS BODYPUMP	9.15am Lisa  9.45am Lisa LES MILLS CXWORX
9.15am Nadia 			9.15am Scott HIIT 45 mins	9.15am Ebony LES MILLS BODYPUMP	8.30am Lisa  9.00am Lisa LES MILLS CXWORX	9.15am Anna-Maria 	9.15am Scott 
9..45am Emily LES MILLS BODYCOMBAT			6.30pm Ang 	9.15am EJ LES MILLS RPM	9.35am Lisa LES MILLS BODYCOMBAT		
CLOSE 2pm			CLOSE 9pm		10.30am EJ LES MILLS BODYBALANCE CLOSE 8pm	CLOSE 6pm	CLOSE 6 pm
CLOSED 1 January Classes return to normal 2 January					GROUP FITNESS TIMETABLE Mon 24 – Mon 31 December Download timetable : friendshealth&fitness.com.au		
					 		

Class Descriptions

<p>LES MILLS CXWORX</p> <p>CXWORX™ is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, obliques and “slings” connecting upper and lower body. CXWORX™ will leave you looking and feeling strong.</p> <p>Limited numbers. Pass required from Customer Service.</p> <p>All levels. 30 mins.</p>	<p>LES MILLS GRIT</p> <p>GRIT™ is a 30 minute HIIT workout that takes you into overdrive to go hard, push harder and get fitter, super fast. The short, sharp demanding exercises combine weightlifting, running, plyometric, for a full body workout that increases aerobic capacity, muscular endurance, metabolism & power.</p> <p>Mod-High. 30 mins.</p>	<p>LES MILLS BODYBALANCE</p> <p>BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion to set music that will improve your mind, body and your life. Improves joint flexibility & range of motion, tones & shapes, enhances mental wellbeing.</p> <p>Low. 60 mins.</p>	<p>HIIT</p> <p>A class for those wanting a high impact workout. Focusing on cardio and strength intervals with short rest periods.</p> <p>High 45 mins.</p>	<p>LES MILLS BODYPUMP</p> <p>BODYPUMP™ is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories, increases strength & endurance, tones & shapes and helps maintain bone health.</p> <p>All levels. 45 & 60 mins.</p>	<p>Aqua Fit</p> <p>Due to the buoyancy of the water this is a virtually impact-free cardio workout, significantly reducing stress on the joints and muscle soreness.</p> <p>Low-High. 50 mins (Sat 45 mins).</p>	<p>ZUMBA</p> <p>Love dancing? Zumba combines high energy and motivational music with unique moves and combinations. It’s a fusion of Latin and International music- dance themes creating a dynamic, exciting, effective class</p> <p>Mod-High. 60 mins</p>
<p>Fit 4 Life</p> <p>A class for those wanting a low impact workout. Focusing on cardio, strength, balance, mobility, flexibility and relaxation</p> <p>Low. 60 mins.</p>	<p>Strong 4 Life</p> <p>A class for those wanting a low impact workout. Focusing on a strength-building based circuits, incorporating, bodyweight, hand weights, resistance bands, cardio, balance, mobility, flexibility and relaxation</p> <p>Low. 60 mins.</p>	<p>Pilates</p> <p>A mat or fitball based general body conditioning class designed to develop core stability and strengthen postural muscle</p> <p>All levels. 55 mins.</p>	<p>Spin Fit</p> <p>A group cardio workout on adjustable stationary bikes simulating obstacles complete with hills, valleys, sprints etc...</p> <p>Limited numbers. Pass required from Customer Service.</p> <p>Mod-High. 50 mins.</p>	<p>LES MILLS BODYCOMBAT</p> <p>Step into BODYCOMBAT to punch and kick your way to fitness with a high-calorie burn. This high-energy martial- arts inspired workout is totally non-contact with no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. Release stress, have a blast and feel like a champ.</p> <p>Mod-High. 45-55 mins</p>	<p>LES MILLS RPM</p> <p>RPM™ is a 45 minute indoor cycling routine workout where you ride the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trails and interval training.</p> <p>Limited numbers. Pass required from Customer Service.</p> <p>Mod-High. 45 mins.</p>	<p>Active Solutions AND HEALTH NETWORK Aqua Bootcamp</p> <p>Aqua bootcamp is a high intensity, low impact shallow water class that is fun, fast and effective. Using a variety of buoyancy and resistance equipment you will get a workout like no other. Different fitness levels, ages and abilities are catered for.</p> <p>Instructor is Jo Cordell-Cooper</p> <p>5 free passes per class available for members at Customer Service Mod-High 45 mins</p>