


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEKDAY MORNINGS	6.10am 45mins <b>Spin Fit</b>	6.10am 45mins <b>FRIENDS 45</b>	6.10am 55mins <b>LES MILLS BODY PUMP</b>	6.10am 45mins <b>Spin Fit</b>	6.10am 45mins <b>FRIENDS 45</b>	8.10am 45mins <b>Aqua</b>	<b>Australia Day</b> 26 January
	9.15am 45mins <b>Pilates</b>	9.15am 45mins <b>Spin Fit</b>	9.15am 45mins <b>FRIENDS 45</b>	9.15am 45mins <b>LIFT</b>	9.15am 45mins <b>Pilates</b>	9.15am 45mins <b>LIFT</b>	9.15am 45mins <b>FRIENDS 45</b>
	10.30am 55mins <b>Fit 4 Life</b>	10.30am 45mins <b>MIND+</b> <small>**EXTENDED CLASS**</small>	10.30am 55mins <b>Fit 4 Life</b>	10.30am 45mins <b>MIND+</b> <small>**EXTENDED CLASS**</small>			
WEEKDAY AFTERNOONS				5.15pm 30mins <b>Core</b>			
	6.00pm 45mins <b>FRIENDS 45</b>	6.00pm 45mins <b>LIFT</b>	6.00pm 45mins <b>FRIENDS 45</b>	6.00pm 45mins <b>FRIENDS 45</b>			
	6.00pm 45mins <b>Spin Fit</b>		6.00pm 45mins <b>Spin Fit</b>				
		6.30pm 45mins <b>Aqua</b>		6.30pm 45mins <b>Aqua</b>			
							
						<b>GROUP FITNESS TIMETABLE</b> <b>Commences Monday 20th January 2025</b>	
						Download timetable: <a href="https://friendshealthandfitness.com.au">friendshealthandfitness.com.au</a> Class descriptions on the next page Timetable varies on Public Holidays and other special days Timetables are subject to change	

WEEKEND MORNINGS

WEEKEND AFTERNOONS

# Our Group Fitness Classes

## FRIENDS 45

Innovative circuit style training to build functional strength. This fun and dynamic workout incorporates a wide variety of equipment, including Kb's, boxing, Battle ropes, TRX, weights etc. With no time to think, and 45 zesty minutes to get the heart pumping. This energetic and powerful workout will move your body, challenge your mind and leave you wanting more.

## LES MILLS BODYPUMP

Les Mills Bodypump™ is a pre-choreographed weights class that burns calories while toning your entire body. Using light to moderate weights using the barbell with lots of repetition. If you enjoy strength and resistance training, then this is the perfect class for you.

## Fit 4 Life

A fun, gentle, circuit style class for those wanting a low impact workout. Classes aim at improving participant's mobility, balance and overall health and wellbeing. Improve physical fitness and strength and achieve a better quality of life while focusing on cardio, strength, balance and flexibility.

## Core

Build your core muscles through a variety of exercises in this 30-minute class.

## Spin Fit

Spin Fit is a fast-paced cycling class aimed for you to feel the burn. This cycling class is a non-impact cardio workout that will see you riding, sprinting, climbing and smiling all the way. Burn calories, build strength, and have fun along the way as we ride as a team to enjoy the ultimate workout on 2 wheels.

## Aqua

This fun non-impact workout supports the body while reducing stress on the joints. The impact of gravity decreases in the water allowing a greater range of motion and reducing strain on the heart by moving blood around the entire body. Splash, float and bounce your way to wellness with this fun water-based workout.

## MIND

Build the connection between mind and movement. With a focus on mobility, stability and flexibility this zero impact class will leave you feeling strong and restored. 30min and M1ND+ 45min versions.

## LIFT

Focus on strength development bringing the weight gym to group fitness. This dynamic strength workout will keep your muscles challenged and your mind guessing. You choose the load, you choose the intensity, which makes L1FT suitable for everyone, from beginner to athlete.

## Mind Body Classes

*Join one of our 'Mind Body classes' to slow down the pace, connect to your body, and release tension.*

## Pilates

A core-centric class to improve posture, coordination and balance. Pilates incorporates slow controlled movement to strengthen and condition the core while focusing on alignment. Walk away feeling more stable with a greater body awareness.

## Gentle Yoga

Gentle yoga is essentially what it sounds like—a gentler style of yoga practice. This 75-minute class allows for nourishing movement at a slower pace. Drop in and enjoy extended time for slow movement, meditation, yogic breath work, and relaxation.