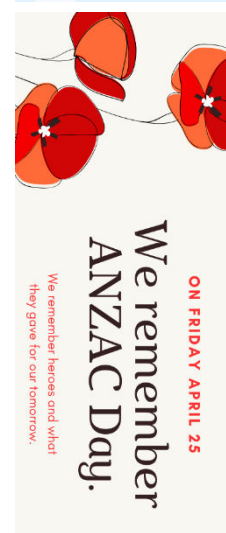


# Week commencing Monday 21st April 2025

<b>EASTER MONDAY</b> (FHF Open – 9am-2pm)	9.15am	<b>FRIENDS 45</b> (45 mins)	
<b>EASTER TUESDAY</b>	6.10am	<b>FRIENDS 45</b> (45 mins)	
	9.15am	<b>L1FT</b> (45 mins)	<b>Spin Fit</b> (45 mins)
	10.30am	<b>M1ND</b> (45 mins)	
	6.00pm	<b>FRIENDS 45</b> (45 mins)	
	6.30pm	<b>Aqua</b> (45 mins)	
<b>WEDNESDAY</b>	6.10am	<b>LesMills BodyPump™</b> (45 mins)	
	9.15am	<b>FRIENDS 45</b> (45 mins)	
	10.30am	<b>Fit 4 Life</b> (55 mins)	
	6.00pm	<b>L1FT</b> (45 mins)	<b>Spin Fit</b> (45 mins)
<b>THURSDAY</b>	6.10am	<b>Spin Fit</b> (45 mins)	
	9.15am	<b>L1FT</b> (45 mins)	
	10.30am	<b>M1ND</b> (45 mins)	
	5.15pm	<b>Core</b> (30 mins)	
	6.00pm	<b>FRIENDS 45</b> (45 mins)	
	6.30pm	<b>Aqua</b> (45 mins)	
<b>FRIDAY – ANZAC DAY</b> (FHF Open – 1pm-5pm)	1.15pm	<b>Gentle Yoga</b> (60 mins)	
<b>SATURDAY</b>	8.10am	<b>Aqua</b> (45 mins)	<b>Spin Fit</b> (45 mins)
	9.15am	<b>L1FT</b> (45 mins)	
<b>SUNDAY</b>	9.15am	<b>L1FT</b> (45 mins)	
	3.30pm	<b>Gentle Yoga</b> (75 mins)	

Timetables are subject to change • Class descriptions on the next page  
 Timetable varies on Public Holidays  
[www.friendshealthandfitness.com.au](http://www.friendshealthandfitness.com.au)



## OUR GROUP FITNESS CLASSES

**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.

**FRIENDS 45**

**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.

**LES MILLS**  
**BODYPUMP**

**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.

**Fit 4 Life**

**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.

**Spin Fit**

**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.

**Aqua**

**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.

**L1FT**

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

**Core**

### Mind Body Classes

*Join one of these classes to slow down the pace, connect to your body, and release tension*

**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.

**Pilates**

**A gentler style of yoga practice – exactly as it sounds.** 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.

**Gentle Yoga**

**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.

**M1ND**