

Group Fitness Timetable

Effective 05 February 2024



Studio 1 (S1)

		MON	TUES	WED	THURS	FRI	SAT	SUN
AM	6.05 am		BODYPUMP 45		BODYPUMP 45			
	8.30 am	YOGA 45		FIT FOR LIFE CIRCUIT 45	YOGA 45	FIT FOR LIFE CIRCUIT 45	GRIT 30	
	9.05 am					BODYPUMP		
	9.30 am	ZUMBA 45	CORE 30	BODYBALANCE 45	BODYPUMP 45	BODYATTACK 45		CORE 30
	9.30 am	CHAIR YOGA FR			FIT FOR LIFE GM STRENGTH PROGRAM			
	10.15 am		YOGA 45				BODYBALANCE 45	YOGA
	10.30 am	BODYPUMP 45		BODYATTACK 45	CORE 30	BODYBALANCE 45		
	11.00 am					CHAIR YOGA FR		
	11.10 am						BODYJAM 45	
	11.30 am	FIT FOR LIFE CIRCUIT	FIT FOR LIFE CIRCUIT	MOBILISE	FIT FOR LIFE CIRCUIT			
PM	1.00 pm				CHAIR YOGA			
	4.00 pm						BODYPUMP	BODYBALANCE
	5:45 pm	BODYPUMP	BODYJAM	GRIT 30	BODYBALANCE			
	6:15 pm			CORE 30		CORE 30		
	6:45 pm	BODYATTACK 45	BODYBALANCE 45					
	7.00 pm			BODYPUMP 45				
	8.00 pm			ZUMBA 45				

Studio 2 (S2)

		MON	TUES	WED	THURS	FRI	SAT	SUN
AM	6.05 am	RPM 45		sprint 30		RPM 45		
	9.00 am						RPM 45	sprint 30
	9.30 am	BOXING 45		RPM 45	ZUMBA 45	RPM 45		
	10.00am		sprint 30					
	10.30 am	MOBILISE			BOXING			
PM	5.30 pm	RPM 45	sprint 30	RPM 45		sprint 30		

Aqua Fitness

		MON	TUES	WED	THURS	FRI	SAT	SUN
AM	7.30 am							AQUA FIT
	8.00 am		ZUMBA	AQUA FIT	AQUA FIT	AQUA FIT		
	9.00 am		ZUMBA	AQUA FIT		AQUA FIT		AQUA FIT
	9.05 am						ZUMBA	
PM	6.05 pm	AQUA FIT						
	7.05 pm			ZUMBA Summer Series	AQUA FIT			

30 30 minute class 45 45 minute class FR Function Room (Chair Yoga held in function room. Room subject to change) GM Held in Gym

For further information please visit:
arccampbelltown.com.au/group-fitness

**SWIM
FITNESS
SPORT**

Important: Please arrive 10 minutes prior to all classes starting to allow for set-up. There is a strictly no admittance to class after commencement for safety reasons.

CLASSES

LES MILLS **BODYPUMP**

This 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 weight inspire you to get the results you came for and fast.

LES MILLS **BODYJAM**

The ultimate combination of music and dance. While we are pretty sure you will be too busy dancing your butt off, it's good to know you will be getting a killer workout and burning calories while you're at it.

LES MILLS **BODYATTACK**

BODYATTACK® is a sports-inspired cardio workout that's all about improving your speed, fitness, strength and agility. This interval training class combines athletic aerobic movements with strength and stabilisation exercises. Burn 600-800 calories per class.

LES MILLS **BODYBALANCE**

This Yoga/Tai Chi/Pilates workout builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a series of stretches, moves and poses to music create a holistic workout that brings the body into a state of balance.

LES MILLS **RPM**

Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Sweat and burn to reach your endorphin high!

LES MILLS **CORE**

CORE is a short, sharp, intense, hugely effective 30 or 45 minute workout. It was designed by the LES MILLS™ team with a carefully structured and scientific approach to ensure this unforgiving workout tightens and tones your body, improves your core strength and aids injury prevention. Consisting of a variety of exercises that integrate muscles in and around your abs, back and butt, CORE is proven to be effective and is a great low impact and low cardio class suitable for most participants, all you need to bring along is your strength and lots of determination! Expect inspirational music and motivational instructors to help you through our half hour CORE sessions.

LES MILLS **sprint**

A 30 minute high intensity interval (HITT) workout using a bike, where you will push your physical and mental limits for rapid results.

LES MILLS **GRIT**

GRIT™ sessions combine short bursts of high intensity training with periods of recovery. This is a highly effective method in which to increase your fitness levels, tone your muscles, shape your body and burn off calories. An accelerated warm-up session will kick-start your heart rate and awaken your neuromuscular system before the more intensive training session begins. Each class combines strength, plyometric or cardio circuit sequences to put the participant's fitness thoroughly to the test. GRIT will increase your aerobic capacity, accelerate the burning of body fat, build your strength and increase your muscular endurance.



Mix low-intensity and high intensity moves for an interval style, calorie-burning dance fitness party. A total workout combining all elements of fitness - cardio, muscle conditioning, balance, flexibility and boosted energy Zumba is perfect for all ages and fitness levels.

BOXING

A high intensity interval training workout that will strengthen and tone your whole body including arms, core and legs. BOXING is great for improving fitness and reflexes through explosive combinations using gloves and pads, relieving some of the stress from the day and will get your heart pumping!

FIT FOR LIFE CIRCUIT

Run by the Gym Instructor team and designed for our 55+ community, Fit for Life combines low impact resistance and functional movements with balance, light cardio activity and stretching to assist with everyday living. Exercises and intensities will vary day to day to ensure all fitness levels achieve a satisfying workout without risking injury.

MOBILISE

A low-impact class combining dynamic and static stretching, balance and modified conditioning exercises. This class is great for all fitness levels and is designed to increase flexibility, mobility and strength in older adults, as well as improving core strength and developing functional fitness techniques.

YOGA

A gentle style of yoga that is great for all fitness levels and age groups. Using body-weight resistance, YOGA aligns the body, improves posture, increases flexibility, develops strength and core stability and relieves stress.

CHAIR YOGA

Chair Yoga is a gentle form of Yoga that is practiced sitting on a chair, or standing using a chair for support. Chair Yoga reduces the strain on joints and muscles, which allows someone who is unable or struggles with traditional Yoga, an opportunity to practice.

AQUA FIT

A 45-50 minute workout performed in water. AQUA FIT is designed to improve muscular strength and endurance, balance and enhance cardiovascular conditioning through the use of water resistance and Aquatic equipment (e.g. noodles and dumbbells). From the basics for beginners to advanced options for the more experienced participants there are a variety of movements involving the use of upper body, abs and lower body. Ideal for injury recovery.



AQUA ZUMBA® mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance party in the water. During this exciting 45-50 minutes you will combine cardio, muscle conditioning, flexibility and balance exercises using the added resistance of water to leave you feeling alive and invigorated.