

Group Fitness Timetable

Studio 1 (S1)

Time	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am	PILATES 45	BODYPUMP 45		BODYPUMP 45			
8.30am	YOGA 45		ACTIVE CIRCUIT 45	YOGA 45	PILATES 45	GRIT	
9.30am	ZUMBA FITNESS 45	CXWORX	PILATES 45	BODYPUMP 45	BODYATTACK 45	BODYPUMP 9.15am 45	CXWORX 9.45am 45
10.30am	BODYPUMP 45	YOGA 45	BODYATTACK 45	CXWORX	BODYBALANCE 45	BODYBALANCE 45	BODYBALANCE
10.45am			CHAIR YOGA FR		CHAIR YOGA FR		
11.30am	FIT FOR LIFE CIRCUIT	BODYJAM					
2pm				CHAIR YOGA			
4pm						BODYPUMP	BODYBALANCE
5.45pm	BODYPUMP	BODYJAM	CXWORX	BODYBALANCE			
6.15pm			GRIT		CXWORX		
7pm	BODYATTACK 45	BODYBALANCE 45	BODYPUMP 45	HIIT CAMP 30			
8pm	YOGA 45		ZUMBA FITNESS 45				

30 30 minute class 45 45 minute class XP Express Class FR Function Room (Chair Yoga held in function room. Room subject to change).

Studio 2 (S2)

Time	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am			sprint		RPM		
9am						RPM 8.30am	sprint
9.30am	BOXING 45		RPM	ZUMBA gold 45			
10.30am	MOBILISE	sprint 10.15am		BOXING			
5.30pm	RPM	sprint	RPM		sprint		

Aqua Fitness

Time	MON	TUE	WED	THUR	FRI	SAT	SUN
8am		aqua ZUMBA	AQUA FIT	AQUA FIT	aqua ZUMBA		
9am		aqua ZUMBA	AQUA FIT		aqua ZUMBA	AQUA FIT	AQUA FIT
12.10pm							AQUA FIT
6.10pm	AQUA FIT						
7.10pm				AQUA FIT			

For further information please visit:

arccampbelltown.com.au/group-fitness

Classes

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.

LES MILLS **BODYPUMP**

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

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.

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.

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 guaranteed to get your heart pumping!

FIT FOR LIFE CIRCUIT

Multiple work stations where participants move between different stations completing exercises for set periods of time. Fit for Life Circuit exercises will vary depending on which day you participate to enable you to take part in all three classes each week without risking injury. The focus of the sessions will be on low impact resistance movements as well as balance, flexibility and functional movements to assist with everyday living. Designed for participants over 55 with all fitness levels welcome.

ACTIVE CIRCUIT

Active Circuit (Over 55's) Low Impact circuit class designed for the mature adult. Using cardio and resistance exercises to complete an all over body workout.

MOBILISE

A low-impact class combining traditional and modified strength and conditioning exercises to help improve functional movement and mobility through the whole body. Great for all ages and fitness levels MOBILISE will develop core, technique and strength for athletic development or general day activities.

AQUA FIT

A 60 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.

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 **CXWORX**

CXWORX™ is a short, sharp, intense, hugely effective 30-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, CXWORX™ 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 CXWORX™ 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.

YOGA

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

PILATES

A low impact class incorporating strength and flexibility exercises designed to improve core and back strength, assist with posture and improve balance. Pilates combines traditional movements with relaxation techniques for a heightened connection between body and mind.

ZUMBA FITNESS

Take the 'work' out of workout by mixing 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.

aqua **ZUMBA**

AQUA ZUMBA® mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance party in the water. During this exciting 60 minutes you will combine cardio, muscle conditioning, flexibility and balance exercises using the added resistance of water to leave you feeling alive and invigorated.

ZUMBA gold

Based on the original Zumba Fitness Class with zero impact and moves safer for less mobile and/ or rehabilitating participants...with all the fun and great results.

HIIT CAMP

Focusing on cardiovascular fitness, strength, endurance, weight management, muscle tone and functional mobility, high intensity interval training is designed to make you fitter, stronger and healthier.