

Wangaratta

**SPORTS  
& AQUATIC  
CENTRE**

# Group Fitness Timetable



**CONDITIONS OF CLASS ENTRY**

- Please arrive at least 15 mins prior to start time
- No entry permitted after class time
- Casual customers must be over 16 years old
- Ticket must be presented to instructor at start of class
- Please inform instructor of any injuries
- Please bring a sweat towel and drink bottle

Proudly run by Rural City of **Wangaratta**

## Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Body Pump	-	Body Pump	-	Body Pump	-	-
7:10am	Virtual Les Mills Body Balance	Virtual Les Mills Body Pump	Virtual HIIT	Virtual Les Mills Body Balance	Virtual Les Mills Body Combat	-	-
9:30am	Body Step	Body Pump	Strength + Tone^	Yoga^	Body Pump	Body Step 8:30 - 9:30am	Body Pump
10:30am	Body Balance	Tai Chi^	Active Adults^	Body Balance	-	Body Pump 9:30 - 10:30am	-
1:00pm	Virtual Les Mills Body Combat	-	-	Virtual Les Mills Core	-	-	-
4:00pm	-	Virtual Les Mills Core	Virtual Les Mills Body Pump	-	-	-	Body Balance
5:40pm	Body Pump	Body Attack	Body Step	Body Pump	HIIT Circuit <sup>30 min</sup>	-	-
6:10pm	-	-	-	-	Relax and Meditation	-	-
6:40pm	Body Balance	Body Balance	Pilates <sup>45 min</sup>	HIIT Strength <sup>45 min</sup>	-	-	-

## Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Cycle	Cycle	-	Cycle	Cycle	Cycle 8:30 - 9:30am	-
9:30am	Cycle	-	-	-	Cycle 10:30am	-	-
5:40pm	Cycle	-	Cycle	Cycle	-	-	-

## Aqua Fitness <sup>ALL CLASSES 45 min</sup>

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:35am	Aqua Xtreme^	-	Aqua Xtreme^	-	Aqua^	-	-
9:35am	Aqua^	-	Aqua^	Deep Water Aqua^	Aqua Movers^	-	-
6:05pm	Aqua	Aqua	-	Aqua	-	-	-

Effective from 16 November 2021

^These classes are available for Active Adult members

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# Group Fitness Glossary



Find out more at [wsac.vic.gov.au](http://wsac.vic.gov.au)  
or visit us at 41 Shilling Drive, Wangaratta VIC 3677

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## Group Fitness Glossary

Your Guide to Group Fitness

### Mind Body

#### Tai Chi (55 mins)

A traditional Chinese art that uses gentle movement and breathing techniques. It offers a range of benefits for your physical and mental wellbeing

#### Pilates (45 mins)

Pilates is consisting of low-impact flexibility and muscular strength movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

#### Yoga (55 mins)

Yoga is a discipline of bringing harmony to mind and body. In this class traditional yoga postures are practiced strengthening and promoting flexibility.

#### Relax and Meditation (30 mins)

Your time to unwind, focus and quieten your mind in a low stress environment.

### Les Mills

Mixing the hottest music with cutting-edge exercise science, motivation and the energy of many, LES MILLS™ group fitness classes make you fall in love with fitness. Experience our range of world-class group fitness workouts.

#### Body Pump (55 mins)

The full-body weights workout – using light to moderate weights with lots of repetitions. Great for anyone looking to get lean, toned & fit – FAST!

#### Body Step (55 mins)

A full-body cardio workout to really tone your butt and thighs. In a Body Step class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body. There are always lots of options to get you through the workout safely.

#### Body Balance (55 mins)

Ideal for anyone and everyone, Body Balance is the yoga-based class that will improve your mind, your body and your life. Combining aspects of Pilates and Tai Chi you'll strengthen your entire body and leave the class feeling calm and centred. Happy. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started

#### Body Attack (55 mins)

Body Attack is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises.

#### Virtual

We are pleased to offer you your favourite Les Mills classes in the virtual world.

Body Pump, Body Step, Body Attack and Body Balance.

### High Intensity Interval Training (HIIT)

Short on time? No problem. Join one of our HIIT classes to maximise your time. We offer a variety of 45 minute HIIT classes including **Tabata Circuits**, **HIIT Circuits**, and **HIIT Strength**. These classes combine challenging high intensity exercises as well as lower intensity exercises and engages both upper and lower body muscles.

### General

#### Cycle (60 mins)

Pedal through hill climbs, sprints, and many other challenging exercises with the best cycle instructors in the region. Great low impact workout

#### Strength & Tone (60 mins)

A total body movement class aimed at developing muscular strength and endurance. Exercises are delivered in a safe and effective way. Options are shown making this class suitable for all fitness levels.

#### Active Adults (60 mins)

This class will challenge you with a combination of aerobic, resistance and flexibility exercises aimed at building bone strength, flexibility and balance. A fun fitness class aimed at keeping you Active for Life!

### Aqua

If you prefer exercises in the water then we have the right class for you. We have a range of Aqua classes that cater to older adults, pre/post-natal, post injury or illness, or those looking for low-impact exercise by improving flexibility, muscle tone, and cardio-vascular endurance.

Our classes include, **Aqua**, **Aqua Movers** which is a lower intensity Aqua class with the option to participate in our heated program pool, **Aqua Xtreme** which is a fast paced, high-intensity aqua class, and **Deep Water Aqua** which is Aqua in the deep end offering a whole body conditioning workout.