

**CAMPBELLTOWN ACTIVE**

# **FITNESS**

**TIMETABLE**

# EAGLE VALE

## CENTRAL

### GROUP EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	Sculpt & Tone	HIIT	Sculpt & Tone	Boxing Conditioning	HIIT		
7.45am						Bootcamp	
8.30am						Pilates	
9am							HIIT
10.30am		Balance		Balance			
6pm	HIIT			HIIT	Stretch		
6.30pm		Pilates					

### AQUA TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
9am	Aqua Fitness	Aqua Fitness	Self Guided Aqua Fitness	Aqua Fitness	Aqua Fitness
10am	Gentle Exercise		Gentle Exercise		Gentle Exercise
7pm	Aqua Fitness			Aqua Fitness	

# MACQUARIE FIELDS

LEISURE CENTRE + FITNESS & INDOOR SPORTS CENTRE

## GROUP EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6.15am</b>	HIIT	Spin	Bootcamp	Functional Fit	Freestyle Barbell	
<b>7.30am</b>						Bootcamp
<b>8.30am</b>						Spin
<b>9.15am</b>	Balance			Balance		Stretch Plus
<b>9.30am</b>	Spin	Bootcamp	HIIT	Spin	Spin	
<b>10.15am</b>	Stretch Plus	Stretch Plus Balance	Core attack	Boxing Conditioning	Gym Circuit	
<b>11am</b>		Gym Circuit				
<b>6pm</b>	Spin	Spin	Spin	Spin	Spin	
<b>6.45pm</b>	ABT's	Strength & Conditioning	Freestyle Barbell	Stretch Plus	Stretch Plus	

## AQUA TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9.30am</b>	Aqua Fitness		Self Guided Aqua		Aqua Fitness
<b>10am</b>		Aqua Fitness		Aqua Fitness	
<b>10.45am</b>	Gentle Exercise		Self Guided Aqua		Gentle Exercise
<b>11.15am</b>		Gentle Exercise		Aqua Fitness	

# GORDON FETTERPLACE

## AQUATIC CENTRE

### AQUA TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
9am			Aqua Fitness		
10am		Gentle Exercise		Gentle Exercise	

## CLASS DESCRIPTIONS

<b>SCULPT &amp; TONE</b>	<b>Duration: 45 minutes, moderate intensity.</b> A full body, high repetition workout using light weight to strengthens and tones your muscles.
<b>BALANCE</b>	<b>Duration: 60 minutes, low intensity.</b> Incorporates safe, effective & fun exercises to help improve mobility, stability and strength.
<b>PILATES</b>	<b>Duration: 60 minutes, low intensity.</b> Class with exercises that focus on improving flexibility, strength, core and muscle endurance.
<b>HIIT</b>	<b>Duration: 60 minutes, high intensity.</b> Interval workouts consisting of short periods of anaerobic exercise with short recovery periods to challenge your endurance and aim to burn maximum calories.
<b>BOOTCAMP</b>	<b>Duration: 60 minutes, moderate/ high intensity.</b> A whole body functional workout for all abilities and ages. This class is designed to challenge endurance, strength & skills.
<b>SPIN</b>	<b>Duration: 45 minutes, high intensity.</b> An indoor cycling class designed for all ages and fitness levels to assist in building cardiovascular endurance and strength.
<b>AQUA FITNESS</b>	<b>Duration: 60 minutes, low intensity.</b> Water based class. Aqua Fitness incorporates gentle and fun movements to help improve your strength and conditioning.
<b>GENTLE EXERCISE</b>	<b>Duration: 45 minutes, low intensity.</b> Water based class. This class is a low impact, low intensity session that incorporates gentle movements to help improve your strength and conditioning.
<b>CORE &amp; BALANCE</b>	<b>Duration: 15minutes, moderate intensity.</b> A short class focusing solely on Abdominal Core strength exercises, designed for you to use as a warm up or finisher to your workout.
<b>STRENGTH &amp; CONDITIONING</b>	<b>Duration: 45 minutes, moderate/ high intensity.</b> Moderately paced weight bearing class, focusing on weight lifting to condition muscular endurance.
<b>ABT's</b>	<b>Duration: 45 minutes, moderate/ high intensity.</b> Training session focused on using weight training to tone muscles around Abs, glutes and legs.
<b>FREESTYLE BARBELL</b>	<b>Duration: 45 minutes, moderate intensity.</b> A weights-based class using light to moderate free barbell with lots of repetition choreographed to music to give you a full body workout.
<b>BOXING CONDITIONING</b>	<b>Duration: 60 minutes, moderate/ high intensity.</b> Partner boxing class, utilising boxing to burn calories with cardio style training and having a fun time.
<b>BEGINNER STRENGTH &amp; FITNESS</b>	<b>Duration: 45 minutes, low/moderate intensity.</b> Low intensity beginners introduction to fitness and weight training. Perfect for beginners in a non-intimidating and nurturing class.
<b>STRETCH PLUS</b>	<b>Duration: 30 minutes, low/moderate intensity.</b> Low impact and low intensity class for all abilities. This class focuses on stretch, flexibility and endurance.
<b>CORE ATTACK</b>	<b>Duration: 30 minutes, low intensity.</b> This class targets core strength through abdominal focused exercises to help build a strong mid-section.
<b>FREESTYLE</b>	<b>Duration: 45 minutes, moderate intensity.</b> Class with exercises to improve strength & flexibility.