

Choosing a class that's right for you!

Vitality

Body Attack: is the sports inspired cardio workout for building strength and stamina. This high energy interval training class includes combinations of aerobic movements with strength and stabilisation exercises.

Body Combat: is an empowering cardio workout! This class is inspired by martial arts and draws from a wide array of disciplines. Release your inner warrior.

Body Step: is the energising step workout that makes you feel liberated and alive. Using a height adjustable step and simple movements on, over and around it, you'll push fat burning systems into high gear.

Boxing: using boxing techniques incorporating pad work, core strength, coordination and overall improvements to fitness.

Coach by Colour Cylce (CBC) uses colour as a form of communication between the trainer and the user to maximise instruction, motivation and reward during your cycle workouts.

RPM: is the indoor cycling routine workout where you ride to the rhythm of powerful music. Your inspiring team coach will lead you through hills, flats, mountain peaks, time trials and interval training.

Sh'bam: featuring simple but seriously hot dance moves, it's the perfect way to shape up and let out your inner star!

Zumba: fuse hypnotic latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Zumba fanatics achieve long term benefits while experiencing an absolute blast!

Strength

Body Pump: the barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups.

CXWORX: is the ultimate way to get a tight and toned core. It's made up of dynamic training that works on toning your abs, glutes, back and obliques.

High Performance

GRIT Cardio: 30 minutes of HIIT featuring explosive high impact body weight exercises to get you optimal results.

Adrenaline/HIIT: HIIT program focused on delivering improved physical performance. Practising natural body movements to improve speed, strength, balance, flexibility and agility.

Mind Body Spirit

Body Balance: is a yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

Pilates Mat: emphasises proper breathing, correct posture and learning how to engage the muscles of the inner core, improving strength, flexibility and body awareness.

Pryme Movers: land based gentle exercise, designed to maintain fitness, improve muscle and bone strength and enhance flexibility, conducted in a fun and safe environment. All welcome.

Stretch: 30 minutes of exercises, designed to improve flexibility, strength, posture and balance. Enjoy the music in a social class environment.

Yoga: you will increase body flexibility and stamina, and feel energetic. Suitable for people of all ages and levels of fitness.

Aquatic


Water Workout: Aqua Aerobics, suitable for all levels of fitness, you choose the intensity of the workout!

Deep Water Workout: an athletic class, designed to improve fitness, core tone and stability. If you want great results, this is the class to try!

Aqua Movers: set in a fun and sociable environment for our more senior participants, to increase fitness, mobility, flexibility and strength.

Casey Aquatic & Recreation Centre

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Group Fitness Timetable



Improve your health and fitness in a safe and enjoyable environment.

Our Group Fitness program will assist you in making positive changes that will lead to achieving your goals. Instructors will encourage you to develop your potential and improve your self esteem and confidence, whilst feeling secure and experiencing a sense of belonging. Exercising in a group environment is fun and supports you in establishing healthy lifestyle habits.

Group Fitness Classes							
Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6.00am	Boxing	RPM**	6.15am Body Pump**	5.45am Cycle** / 6.30am CXWORX*	Boxing		
8.20am	Pryme Movers**	Pryme Movers**	Pryme Movers**	Pryme Movers**	8.10am Pryme Movers**	8.30am RPM**	
9.20am	Body Attack / RPM**	Body Step / RPM**	Sh'bam** / RPM**	Body Balance / RPM**	Body Combat / RPM**	Zumba** / 9.30am RPM**	9.00am Body Pump
10.25am	CXWORX*	CXWORX*		10.45am Access Walk (reception)		10.15am Body Attack	10.10am RPM** / 10.10am Body Balance
11.00am	Body Pump	Yoga	Body Pump	Zumba**	Body Pump	11.20am Body Pump	
12.30pm	Pilates Mat**	RPM*	Body Balance	RPM*			
1.30pm		Stretch*					
5.30pm	Body Pump / RPM**	Body Attack	4.30pm RPM** / Boxing**	Body Attack / RPM**	Body Pump	4.00pm Yoga / 4.00pm RPM**	Body Pump
6.30pm	Body Step** / 6.40pm RPM**	CXWORX* / RPM**	6.15pm Body Pump / 6.30pm CBC Cycle**	Boxing	Yoga (creche) / 6.40pm RPM**		
7.00pm	7.15pm Sh'bam**	Body Combat**	7.15pm CX WORX*	7.15pm Pilates Mat (creche)			
7.45pm		Body Pump / Yoga (creche)	Sh'bam**				
8.00pm	Body Balance	8.50pm Zumba**					

*30 minutes class | **45 minutes class | all other classes 55 minutes

- To secure your booking, arrive 10 minutes prior to class time. For safety reasons entry to class will not be permitted once music has started.
- Please inform the instructor if you are pregnant or injured and modify the class to a level that is comfortable for you.

High Performance Classes							
Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
5.45am			HIIT*	Adrenaline **			
8.10am						HIIT* / 8.45am HIIT*	
10.25am			GRIT Cardio*				
12.30pm			Adrenaline**		Adrenaline**		

Members **FREE**, Non members \$20.50 per session.

Aqua Workouts							
Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8.45am	Aqua Movers**	Aqua Movers**	Aqua Movers**		Aqua Movers**	8.30am Deep Water Workout	
9.30am	Aqua Movers**	Water Workout	Aqua Movers**	Water Workout	Aqua Movers**	Water Workout	
10.55am			Deep Water Workout				
7.10pm	Water Workout		Water Workout	Deep Water Workout			

Pryme and Aqua Movers receive a FREE tea or coffee.

- All participants are encouraged to bring a towel and water bottle to classes.
- Classes may be subject to change, depending on attendance and instructor availability.
- Participants aged 13 years and over can attend any group fitness class independently as a member or pay casually.
- Kids Gym Members aged 10-12 years can attend any group fitness class provided a parent or guardian is present in the class. Extra charges and conditions apply if the parent or guardian does not hold a current gym membership. Casual group fitness classes are not available for people aged 12 and under.
- Group fitness classes are not included in Aquatic memberships.