

## Group Fitness Class Description

### Choosing a class that is right for you:

We have structured a time table which is designed to cater for everyone. You will need to collect a ticket from Reception or the Kiosk, for entry to the class.

Choose the right class for you! From low-high intensity, everyone can join the right workout at Casey RACE:

**High Intensity**

**Moderate Intensity**

**Low Intensity**

### Land based classes

**BODY ATTACK:** A high energy program, that is simple and athletic. Combining organised action, hi/low moves, plyometric and strength training. 45min and 55 min formats.

**BODY BALANCE:** A fabulous and dynamic blend of tai chi, yoga and pilates, designed to improve strength, core stability and flexibility, and to calm the mind.

**BODY PUMP:** Still the fastest way in the universe to get into shape and the world's biggest exercise participation program. Technique class held once a month, check with website for more details

**BODY STEP:** Combining lower body strength and fitness training, using an adjustable height step, set to fantastic music that adds up to fun and results – a great reason to exercise!

**BOXING:** A 50 minute class incorporating the basics of boxing designed to improve strength speed and coordination. Partner work and team based activities to keep you fit and escape the worries of the day. Suitable for all.

**CIRCUIT:** A circuit class that can incorporate boxing as well as other strength and cardio stations. Work off that energy in a fun fast-paced class. Suitable for all levels of fitness.

**GENTLE EXERCISE:** A 45 minute low impact class including circuits, resistance and cardio activities to increase your heart rate and all over strength. Suitable for all fitness levels.

**SH'BAM:** A simple but seriously hot dance class that lets you shape up and let out your inner star! 45 minute class of dance combinations set to chart-topping hits, old and new. Anyone can do it, just bring a smile and get ready to party!

**YOGA:** Hatha Yoga incorporating Vinyasa Power Flow. The class includes rhythmic sequenced postures, static postures, breathing and meditation. It aims to physically increase stamina, strength and flexibility and to promote health, harmony and wellbeing.

**PILATES (mat):** This class focuses on core strengthening movements - improving your posture, flexibility and strength through the connection of mind and body with breath. It teaches body awareness and easy graceful movement. Ideal for newcomers.

**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.

**CX WORKS:** Is an efficient and tough workout that challenges you mentally and physically. It will tighten and tone your core muscles improving functional strength for balance, mobility and injury prevention. This 30 minute program is suitable for all fitness levels and is a great addition to your workouts!

### Water based classes

**WATER WORKOUT (WW):** Aqua Aerobics, suitable for all levels. You can have either an intense workout, or take it a little easier. Equipment can be used.

**WATER WORKOUT (Deep):** An athletic class, designed to improve fitness, tone and core stability. You do not need to be a confident swimmer to do this class, as you will be wearing a buoyancy belt. If you want great results, this is the class to try.

**AQUA MOVERS:** Aqua aerobics designed for both senior participants and also those seeking injury rehabilitation, set in a fun and sociable environment. Come along for any reason – fitness, mobility, flexibility, strength, but most of all for fun! Free tea and coffee afterwards.

**AQUA FOR ALL ABILITIES:** A community based class designed to assist those with injuries and disabilities. Designed to improve functional movement, core strength and balance. Equipment is available for use. A 45 minute class that concludes with tea and coffee.

### High Performance Training

**ADRENALINE:** High intensity functional training focussed on delivering improved physical performance fast! These 45 minute sessions will test your limits whilst perfecting your form. Suitable for people of average to high fitness levels.

**EXP BOXING:** A 30 minute boxing class using pads and gloves. Develop your skill, speed and coordination. Suitable for all levels.

**KB CIRCUIT:** This circuit class incorporates kettlebells, body weight exercises and the rig. It will pump up your heartrate and leave you hanging for more! 30 minutes, suitable all levels.



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**RACE**  
CASEY recreation & aquatic centre



FUN | FITNESS | SPLASH | HEALTH | SWIM

## Group Fitness Studio Timetable



June 2017



## Improve your health and wellness in a safe and enjoyable environment

The Group Fitness program conducted by the YMCA at Casey RACE 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 Studio							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Body Pump		Body Pump				
8.30am			Gentle Exercise			Boxing	
9.20am	Body Attack	Body Pump	Body Balance	Body Attack	Sh'Bam	9.30am CX Works	9.00am Body Pump
10.00am						Yoga (creche)	
10.30am				Body Pump ** tech		10.00am Body Attack	Body Balance
11am	Body Pump	Pilates	11.10am SH'BAM	Body Pump	Pilates	Body Pump	
12pm				12.15pm PrYme Movers	12.15pm Gentle Exercise		
1.30pm	Stretch (30 mins)		Stretch (30 mins)				
4.30pm							
5pm							
5.30pm	Body Pump	Circuit	Body Pump Express	SH'BAM	Body Pump Express		
6pm			6.05pm CX Works	6.20pm Body Step	CX Works		
6.40pm	Body Attack	Body Balance	6.45pm Body Step				
7pm	7.30pm CX Works			7.20pm Body Pump			
7.45pm		Body Pump					
8pm	Body Balance		Yoga Boxing (MP)	8.20pm Body Balance			

- All participants are encouraged to bring a towel and water bottle to classes.
- Please inform the instructor if you are pregnant or injured and modify the class to a level that is comfortable for you.
- For safety reasons entry to the class will not be permitted once the music has started.
- Casual participants must fill out an etiquette form and waiver at reception prior to their first attendance.

Aqua					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.30am		AQM (warm)			
9.30am	AQM	WW	AQM (warm)	DW	WW
10.30am		DW	11am AAA	AQM	11am Waves Program
6.40pm					1.15pm AQM
7.00pm	WW			WW	
7.30pm	7.50pm WW	WW		8.00pm DWR – Athletic & Core	

High Performance Training					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
6am			ADRENALINE		
9.30am	ADRENALINE		ADRENALINE		ADRENALINE
6pm	ADRENALINE			5.30pm ADRENALINE	
6.30pm		EXP BOXING			
7pm			KB CIRCUIT		

\*\* First Thursday of each month.

**Express** – 30 minute class, **WW** – Water Workout, **AQM** – Aqua Movers, **AQM (warm)** – Aqua Movers in the warm pool, **DWR** – Deep Water Running, **AAA** - Aqua All Abilities

Timetables may be subject to change, depending on class numbers and instructor availability. **Timetable current as of June 2017.** Check out timetable changes online: [www.caseyrace.ymca.org.au](http://www.caseyrace.ymca.org.au)