

## Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday		Friday	Saturday	
6:00am	<b>PCYC HIIT (tabata)</b> Multi-Purpose Room <b>DEB</b>	<b>YOGA</b> Multi-Purpose Room <b>BEC</b>	<b>PCYC HIIT (tabata)</b> Multi-Purpose Room <b>JAMIE</b>	<b>YOGA</b> Multi-Purpose Room <b>BEC</b>	<b>PCYC CIRCUIT</b> Functional room <b>JAMIE</b>	<b>Mat Pilates</b> Multi-Purpose Room <b>GERRY</b>		
7:00am	<b>PCYC Core</b> Multi-Purpose Room <b>DEB</b>		<b>PCYC Core</b> Multi-Purpose Room <b>JAMIE</b>			<b>PCYC CIRCUIT</b> Functional room <b>DEB</b>		
8:00am	<b>Healthy Aging Class</b> Functional room* <b>DEB</b>		<b>Healthy Aging Class</b> Functional room* <b>JAMIE</b>	<b>Healthy Aging Class</b> Functional room* <b>JAMIE</b>	<b>Healthy Aging Class</b> Functional room* <b>DEB</b>	<b>PCYC HIIT (SIT)</b> Functional room <b>JAMIE</b>	<b>Mat Pilates</b> Multi-Purpose Room <b>GERRY</b>	
9:00am	<b>Healthy Aging Class</b> Functional room* <b>DEB</b>		<b>Healthy Aging Class</b> Functional room* <b>JAMIE</b>	<b>Healthy Aging Class</b> Functional room* <b>JAMIE</b>	<b>PCYC Core</b> Multi-Purpose Room <b>DEB</b>	<b>Healthy Aging Class</b> Functional room* <b>JAMIE</b>		
5:00pm	<b>PCYC Empowering Teens</b> Gym Space <b>JAMIE</b>							
5:30pm		<b>BOXHIT</b> Functional room <b>DEB</b>	<b>SELF DEFENCE</b> Multi-Purpose Room <b>ANDREW</b>	<b>BOXHIT</b> Functional room <b>DEB</b>				
5:45pm	<b>PCYC HIIT (SIT)</b> Functional Room <b>JAMIE</b>	<b>ZUMBA</b> Multi-Purpose Room <b>JODIE</b>						
6:30pm	<b>Mat Pilates</b> Multi-Purpose Room <b>GERRY</b>	<b>PCYC CIRCUIT</b> Functional room <b>DEB</b>						
7:00pm			<b>YOGA</b> Multi-Purpose Room <b>BEC</b>					

Classes included in all Gym Memberships and available for Fitness Passport Members! \*Bookings Required for Healthy Aging classes

### **PCYC Circuit**

Circuit Training focuses on continuous movement and muscle engagement, making it effective for those seeking a well-rounded workout. Our circuit training workouts are performed at a medium intensity during the work periods and include little to no rest between bouts of work using upper body, lower body, compound exercises & cardio for an all over body workout building strength and fitness. This class can be scaled for all fitness levels.

*All ages 14+ (45min)*

### **PCYC HIIT**

A high intensity interval group fitness class focusing on upper body, lower body and core strength exercises combined with cardio to give you a fast and safe way to gain muscle, improve fitness and reduce body fat. Tabata or Sprint Interval Training (SIT) style. *All ages 14+ (45min)*

### **PCYC Core**

A core strength gym fitness class that focuses on strengthening the muscles in your core, which includes your abdominals, lower back, and obliques. These muscles are essential for good posture, balance, and stability, and a strong core can help to improve your performance in other activities, such as sports. Core strength classes typically use a variety of exercises, such as planks, crunches, and Russian twists, to work all the core muscles. All ages 14+ (30min)

### **Healthy Aging Class (EASY)**

Resistance and cardiovascular, balance and mobility classes for seniors or those looking to improve their quality of life. Classes are run by our accredited Exercise Scientist (AES). All ages 14+ (1hr)

### **BOXHIT**

High-energy boxing-inspired HIIT class. Combine powerful combos, cardio bursts, and strength drills for a full-body workout that builds strength and endurance. All ages 14+ (45min)

### **Yoga**

Vinyasa Flow class at sunrise, that caters for all abilities with Bec Conway. All ages 14+ (1hr)

### **Pilates**

Pilates is a low-impact workout that builds core strength and improves flexibility through controlled movements. It enhances posture and body awareness. All Ages 14+ (1hr)

### **Self Defense**

A program that aims to help you build confidence, self-control, awareness, focus, balance, coordination and self-discipline. All ages 14+ (1:30hr)

### **Zumba®**

Zumba® is a group exercise class that blends rhythmic Latin music with high-intensity cardio dance moves to make getting in shape more fun than ever. Get a full-body workout while forgetting you're even exercising by joining the Zumba® dance party! Taught by the wonderful Jodie Sallustio. *All ages 14+ (45min)*

### **PCYC Empowering Teens**

Teens learn fundamental skills in this instructional group session, aiming for a balance of approachability, motivation, and a sense of learning to progress the right way. 14 – 17 years (30min)