

Group Fitness Timetable

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

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+ (1.5hr)

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. Meet the Instructor at reception. 14 – 17 years (30min)