

Premium Membership 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 HAYDEN	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 Swiss Ball Core Multi-Purpose Room HAYDEN		PCYC CIRCUIT Functional Room DEB		
8:00am						PCYC HIIT (SIT) Functional Room DEB	Mat Pilates Multi-Purpose Room MEGAN
9:30am					PCYC Core Multi-Purpose Room DEB		
2:30pm	PCYC Empowering Teens Session Gym HAYDEN				PCYC Empowering Teens Session Gym JAMIE		
5:30pm		BOXHIT Functional Room DEB	Self Defence Multi-Purpose Room ANDREW	BOXHIT Functional Room DEB			
5:45pm	PCYC HIIT (SIT) Functional Room HAYDEN	Zumba Multi-Purpose Room LISA					
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 PREMIUM Gym Memberships and available for Fitness Passport Members! More information PTO



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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)*

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)

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 ground or Swiss ball exercises, such as planks, crunches, and Russian twists, to work all the core muscles. All ages 14+ (30min)

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 Lisa Hamilton. *All ages 14+ (45min)*

PCYC Empowering Teens Session

Teens follow their own plan while learning fundamental skills with an instructor in this instructional drop-in session, aiming for a balance of approachability, motivation, and a sense of learning to progress the right way. The instructor will approach you in the gym during this time slot. 13 – 17 years (2hr drop-in session after school) _

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