

# Group Fitness Timetable

Class times may vary due to events or public holidays. For the latest group fitness timetable visit [arenajoondalup.com.au](http://arenajoondalup.com.au)



## Morning Classes

● Teen Fit friendly classes

| Monday                                 | Tuesday                                 | Wednesday                              | Thursday                              | Friday                                 | Saturday                         | Sunday   |
|--|---|--|---------------------------------------|--|----------------------------------|--|
| 5:30am - 6:25am<br>Max NRG             | 5:30am - 6:25am<br>Cycling              | 5:30am - 6:25am<br>Max NRG             | 5:30am - 6:00am<br>HIIT NRG           | 5:30am - 6:25am<br>Cycling             | 7:00am - 7:55am<br>Pilates       | 8:00am - 8:55am<br>BODYSTEP                                |
| 7:30am - 8:25am<br>Get Active Circuit  | 5:30am - 6:15am<br>BODYPUMP 45          | 6:00am - 6:55am<br>Yoga                | 6:00am - 6:30am<br>Pure Abs XP        | 5:30am - 6:25am<br>BODYPUMP            | 7:30am - 8:15am<br>Cardio Box 45 | 9:00am - 9:55am<br>BODYCOMBAT                              |
| 8:30am - 9:25am<br>BODYPUMP            | 7:30am - 8:25am<br>GA Mindful Movements | 7:30am - 8:15am<br>Shapes              | 7:30am - 8:25am<br>Get Active Pilates | 7:30am - 8:25am<br>Get Active Cardio   | 8:00am - 8:55am<br>Cycling       | 9:00am - 9:30am<br>HIIT 30 Cycle                           |
| 9:00am - 9:30am<br>HIIT 30 Cycle       | 8:30am - 9:25am<br>Max NRG              | 8:30am - 9:25am<br>50:50 Weights/Step  | 8:30am - 9:25am<br>Step Cardio        | 8:30am - 9:25am<br>BODYCOMBAT          | 8:00am - 8:55am<br>Outdoor X     | 9:00am - 9:55am<br>Yoga                                    |
| 9:30am - 10:25am<br>BODYCOMBAT         | 9:00am - 9:30am<br>HIIT 30 Cycle        | 8:45am - 9:30am<br>RPM                 | 9:00am - 9:30am<br>HIIT 30 Cycle      | 9:00am - 9:30am<br>HIIT 30 Cycle       | 8:00am - 8:55am<br>Pilates Flow  | 9:40am - 10:10am<br>HIIT 30 Cycle                          |
| 9:30am - 10:25am<br>Outdoor X          | 9:30am - 10:25am<br>50:50 Weights/Step  | 9:30am - 10:25am<br>TotalBDY           | 9:00am - 9:45am<br>Outdoor X 45       | 9:30am - 10:25am<br>Max NRG            | 8:30am - 9:25am<br>BODYSTEP      | 10:00am - 10:55am<br>BODYPUMP                              |
| 9:40am - 10:10am<br>Pure Abs XP        | 10:00am - 10:55am<br>Yoga               | 9:30am - 10:25am<br>PeakPWR            | 9:30am - 10:25am<br>Freestyle Weights | 9:40am - 10:10am<br>Pure Abs XP        | 9:00am - 9:55am<br>Outdoor X     | 10:30am - 11:25am<br>Yin Yoga                              |
| 10:30am - 11:25am<br>Get Active Tone   | 10:30am - 11:25am<br>TotalBDY           | 9:40am - 10:10am<br>Pure Abs XP        | 10:30am - 11:25am<br>Get Active Tone  | 10:30am - 11:15am<br>Shapes            | 9:00am - 9:55am<br>Pilates       | 11:30am - 12:25pm<br>Sound Healing<br>*Every second Sunday |
| 10:30am - 11:25am<br>BODYBALANCE       | 11:00am - 11:55am<br>Pilates            | 10:30am - 11:25am<br>BODYPUMP          | 10:30am - 11:25am<br>BODYBALANCE      | 10:30am - 11:25am<br>BODYBALANCE       | 9:00am - 9:30am<br>HIIT 30 Cycle |  |
| 11:30am - 12:25pm<br>Get Active Cardio | 11:30am - 12:25pm<br>Breath & Balance   | 10:30am - 11:25am<br>Pilates           | 11:30am - 12:25pm<br>Yoga             | 11:30am - 12:25pm<br>GA Better Balance | 9:30am - 10:25am<br>BODYCOMBAT   |  |
|  |   | 11:30am - 12:25pm<br>GA Better Balance |                                       |  | 10:00am - 10:55am<br>Pilates     |  |
|  |   | 12:30pm - 1:25pm<br>Get Active Cardio  |                                       |  | 10:30am - 11:25am<br>BODYBALANCE |  |
|  |   |  |                                       |  | 11:00am - 11:55am<br>Yoga        |  |
|  |   |  |                                       |  | 11:30am - 12:15pm<br>Clubbercise |  |
|  |   |  |                                       |  | 12:15pm - 1:00pm<br>Shapes       |  |

## Afternoon Classes

| Monday                                | Tuesday                        | Wednesday                        | Thursday                        | Friday  | Saturday                    | Sunday |
|---------------------------------------|--------------------------------|----------------------------------|---------------------------------|---|-----------------------------|--------|
| 4:00pm - 4:45pm<br>Teen Fit           | 4:30pm - 5:15pm<br>Shapes      | 4:00pm - 4:45pm<br>Teen Fit      | 4:30pm - 5:25pm<br>BODYPUMP     | 5:30pm - 6:25pm<br>BODYPUMP                                 | 2:00pm - 2:55pm<br>BODYPUMP |        |
| 4:30pm - 5:25pm<br>ABT                | 5:30pm - 6:25pm<br>Club Fiesta | 4:30pm - 5:25pm<br>TotalBDY      | 5:00pm - 5:30pm<br>CardioBox XP | 6:30pm - 7:25pm<br>Club Fiesta<br>*First Friday every month |                             |        |
| 4:30pm - 5:15pm<br>RPM                | 5:30pm - 6:15pm<br>Cycle 45    | 5:00pm - 5:55pm<br>Pilates       | 5:30pm - 6:25pm<br>Max NRG      |   |                             |        |
| 5:30pm - 6:25pm<br>Yoga               | 6:30pm - 7:25pm<br>BODYPUMP    | 5:30pm - 6:25pm<br>BODYCOMBAT    | 5:30pm - 6:25pm<br>Yoga         |   |                             |        |
| 5:30pm - 6:25pm<br>BODYPUMP           | 7:00pm - 7:55pm<br>Yin Yoga    | 5:30pm - 6:25pm<br>Outdoor X     | 5:40pm - 6:25pm<br>Cycle 45     |   |                             |        |
| 5:30pm - 6:25pm<br>Outdoor X          |                                | 5:30pm - 6:00pm<br>HIIT 30 Cycle | 6:30pm - 7:25pm<br>BODYCOMBAT   |   |                             |        |
| 5:30pm - 6:00pm<br>HIIT 30 Cycle      |                                | 6:00pm - 6:55pm<br>Pilates       | 6:30pm - 7:25pm<br>Yin yoga     |   |                             |        |
| 6:15pm - 6:45pm<br>HIIT 30 Cycle      |                                | 6:15pm - 6:45pm<br>HIIT 30 Cycle |                                 |   |                             |        |
| 6:30pm - 7:15pm<br>Clubbercise        |                                |                                  |                                 |   |                             |        |
| 6:30pm - 7:25pm<br>BODYBALANCE        |                                |                                  |                                 |   |                             |        |
| 7:30pm - 8:25pm<br>Functional Pilates |                                |                                  |                                 |   |                             |        |

Cardio Class
  Mind & Body Class
  Sculpt & Strengthen Class

# Class Descriptions

## CARDIO

**BODYCOMBAT** is an energetic programme inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

**BODYSTEP** uses a height-adjustable step and simple movements on, over and around a step, as you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**CARDIOBOX** is a calorie burning workout, using focus mitts and kick shield that also combine skipping, core work and body resistance training. Please bring your own gloves for hygiene and safety reasons, hand wraps or cotton gloves recommended. Available in 55 minute and 30 minute EXPRESS formats.

**TOTALBDY** is a high energy freestyle cardiovascular class that builds strength and stamina. Catering for all fitness levels, it incorporates upper and lower body conditioning exercises. At times instructors will intensify the programme by giving you the option of adding a step.

**GET ACTIVE CARDIO** classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. although aimed at seniors, classes will be beneficial if you're recovering from injury or just starting your fitness journey.

**MAX NRG** is an intermediate/advanced fat burning workout that takes you through a variety of cardio and strength training exercises to maximise your calorie output. this circuit style class builds strength, endurance and stamina.

**HIIT-NRG** Using your body weight ignite your fitness with this fast paced high energy class.

**CLUB FIESTA** offers a fun Latin and Caribbean inspired, dance fitness classes that involve easy to follow dance and aerobic movements performed to energetic and exotic rhythms of Latin, Afro, Hip Hop, international and current beats!

**CLUBBERCISE** is a high-energy fitness class held in dark rooms with disco lights and neon glow sticks, set to a mix of 90's and current hits. With simple, fun dance routines, it offers a lively, immersive workout experience.

## MIND AND BODY

**BODYBALANCE** is the yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

**GET ACTIVE BETTER BALANCE** Specific balance exercises to create better stability through the joints and strength exercises targeting the muscles required to regain and maintain a full quality of life. although aimed at seniors, classes will be beneficial if you're recovering from injury or just starting your fitness journey. 55 minute format.

**YOGA** is a class comprised of rhythmic sequenced postures, static postures, breathing and meditation. Among the other many benefits classes are designed to increase stamina, strength and flexibility. 55 minute format.

**SOUND HEALING** An ancient wellness practice for healing, relaxation, and self-care. A sound healing session involves lying down in a cozy and comfortable setting, closing our eyes, and focusing on different sound instruments.

# Casual Visits

Enjoy our facilities without committing to a membership, with our casual pay as your go options. Just visit reception upon arrival for your pass and you're off - it's that simple!

|                       | Adult   | 10 Visit | Conc.   | 10 Visit |
|-----------------------|---------|----------|---------|----------|
| Group Fitness Classes | \$18.00 | \$162.00 | \$16.20 | \$145.80 |
| Express               | \$13.65 | -        | \$12.29 | -        |

# Terms and Conditions

By entering the venue you agree to abide by the terms and conditions and conditions of entry set by VenuesWest. To obtain a copy, please see reception.

**BREATH & BALANCE** is a wellness class designed to promote overall wellness and enhance one's quality of life. It focuses on holistic approaches to achieving and maintaining a balanced mind, body and spirit. In this class, participants can expect to learn unique strategies and techniques for improving physical health, mental clarity, emotional resilience and spiritual connection.

**YIN YOGA** is a more meditative yoga that aims to activate awareness of inner silence. Yin focuses on stretching the deep connective tissue in the joints and lengthening the time spent in each pose. 55 minute format.

**FUNCTIONAL PILATES** builds core strength and mobility for better everyday movement. It emphasises controls, stability and flexibility.

## SCULPT AND STRENGTHEN

**50:50 WEIGHTS:STEP** combines two different fitness elements to help tone and strengthen your muscle and increase your overall fitness levels. This class incorporate 50% weight training with 50% cardio utilising a step for the best results for both muscle sculpting and increasing fitness levels.

**BODYPUMP** will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP is one of the world's fastest way to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Available in 55 and 30 minute EXPRESS format.

**FREESTYLE WEIGHTS EXPRESS** is a class designed to maximise your muscle strength, condition and tone. Burn fat, gain strength and get ripped with this freestyle weights based class.

**OUTDOOR X** is an outdoor training programme designed to improve strength and cardio through a mix of traditional and functional training methods. Classes are held in the outdoor training zone (weather permitting) and may be cancelled without notice, please bring a hat, sunglasses and apply sunscreen.

**PURE ABS EXPRESS** is a 30 minute workout focusing on abdominals, lower back and glutes to stabilise and strengthen your core muscles.

**ABT** is a focused class working on abdominals, glutes and thighs, to tone and shape.

**GET ACTIVE TONE** Utilising light weights and bands this class will help you gain strength and tone your muscles. Aimed at seniors or those wanting a lower intensity weights class.

**PEAKPWR** is an outdoor training programme designed to improve strength and power through a mix of traditional and functional training methods.

**SHAPES** is an invigorating blend of Pilates, sculpt, and power yoga set to modern beats. with small, controlled movements you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility in 45 mins. Suitable for all ages and abilities.

## CYCLE

**CYCLE** classes use stationary bikes to increase endurance and tone the legs, Your instructor leads you on a ride simulating both hilly and flat terrain. class duration is 55 minutes.

**HIIT CYCLE** is great for people with limited time to train. HIIT increases your VO2 max fast. Available in 30 minute EXPRESS format.

**TEEN FIT CLASSES** 12-13 years must be accompanied by a participating adult guardian. 14-15 year olds may attend without an adult guardian. Proof of age must be shown or a Teen Fit plus membership must be presented.

**RPM** is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.