

CAMPBELLTOWN ACTIVE

FITNESS

TIMETABLE

EAGLE VALE

CENTRAL

GROUP EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	Sculpt & Tone	HIIT	Sculpt & Tone	Boxing Conditioning	HIIT		
7.45am						Bootcamp	
8.30am						Pilates	
9am							HIIT
9.15am				Chair Pilates			
10.30am		Balance		Balance			
6pm				HIIT	Stretch		

AQUA TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
9am		Aqua Fitness	Aqua Fitness		Aqua Fitness
9.45am			Gentle Exercise		
10am					Gentle Exercise
7pm	Aqua Fitness			Aqua Fitness	

MACQUARIE FIELDS

LEISURE CENTRE + FITNESS & INDOOR SPORTS CENTRE

GROUP EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am	Freestyle Barbell	ABT's	Strength & Conditioning	Spin	HIIT	
7.30am						Bootcamp
8.30am						Spin
9.15am	Balance			Balance		Stretch Plus
9.30am	Spin	Spin	HIIT	Spin	Spin	
10.15am	Stretch Plus	Strength & Conditioning	Core Attack	HIIT	ABT's	
11am		Stretch Plus				
5.15pm	Spin		Spin			
6pm	Spin	Spin	Spin	Spin	Spin	
6.45pm	ABT's	Strength & Conditioning	Stretch Plus	HIIT		

AQUA TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	Aqua Fitness				Aqua Fitness
10am		Aqua Fitness		Aqua Fitness	
10.45am	Gentle Exercise				Gentle Exercise
11.15am		Gentle Exercise		Aqua Fitness	

GORDON FETTERPLACE

AQUATIC CENTRE

AQUA TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
9am			Aqua Fitness		
10am		Gentle Exercise		Gentle Exercise	

CLASS DESCRIPTIONS

SCULPT & TONE	Duration: 45 minutes, moderate intensity. A full body, high repetition workout using light weight to strengthens and tones your muscles.
BALANCE	Duration: 60 minutes, low intensity. Incorporates safe, effective & fun exercises to help improve mobility, stability and strength.
PILATES	Duration: 60 minutes, low intensity. Class with exercises that focus on improving flexibility, strength, core and muscle endurance.
HIIT	Duration: 60 minutes, high intensity. Interval workouts consisting of short periods of anaerobic exercise with short recovery periods to challenge your endurance and aim to burn maximum calories.
BOOTCAMP	Duration: 60 minutes, moderate/ high intensity. A whole body functional workout for all abilities and ages. This class is designed to challenge endurance, strength & skills.
SPIN	Duration: 45 minutes, high intensity. An indoor cycling class designed for all ages and fitness levels to assist in building cardiovascular endurance and strength.
AQUA FITNESS	Duration: 60 minutes, low intensity. Water based class. Aqua Fitness incorporates gentle and fun movements to help improve your strength and conditioning.
GENTLE EXERCISE	Duration: 45 minutes, low intensity. Water based class. This class is a low impact, low intensity session that incorporates gentle movements to help improve your strength and conditioning.
CORE & BALANCE	Duration: 15minutes, moderate intensity. A short class focusing solely on Abdominal Core strength exercises, designed for you to use as a warm up or finisher to your workout.
STRENGTH & CONDITIONING	Duration: 45 minutes, moderate/ high intensity. Moderately paced weight bearing class, focusing on weight lifting to condition muscular endurance.
ABT's	Duration: 45 minutes, moderate/ high intensity. Training session focused on using weight training to tone muscles around Abs, glutes and legs.
FREESTYLE BARBELL	Duration: 45 minutes, moderate intensity. A weights-based class using light to moderate free barbell with lots of repetition choreographed to music to give you a full body workout.
BOXING CONDITIONING	Duration: 60 minutes, moderate/ high intensity. Partner boxing class, utilising boxing to burn calories with cardio style training and having a fun time.
BEGINNER STRENGTH & FITNESS	Duration: 45 minutes, low/moderate intensity. Low intensity beginners introduction to fitness and weight training. Perfect for beginners in a non-intimidating and nurturing class.
STRETCH PLUS	Duration: 30 minutes, low/moderate intensity. Low impact and low intensity class for all abilities. This class focuses on stretch, flexibility and endurance.
CORE ATTACK	Duration: 30 minutes, low intensity. This class targets core strength through abdominal focused exercises to help build a strong mid-section.
FREESTYLE	Duration: 45 minutes, moderate intensity. Class with exercises to improve strength & flexibility.