

**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
<b>6.15am</b>	Freestyle Barbell	ABT's	Strength & Conditioning	Spin	HIIT	
<b>7.30am</b>						Bootcamp
<b>8.30am</b>						Spin
<b>9.15am</b>	Balance			Balance		Stretch Plus
<b>9.30am</b>	Spin	Spin	HIIT	Spin	Spin	
<b>10.15am</b>	Stretch Plus	Strength & Conditioning	Core Attack	HIIT	ABT's	
<b>11am</b>		Stretch Plus				
<b>5.15pm</b>	Spin		Spin			
<b>6pm</b>	Spin	Spin	Spin	Spin	Spin	
<b>6.45pm</b>	ABT's	Strength & Conditioning	Stretch Plus	HIIT		

## AQUA TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9.30am</b>	Aqua Fitness				Aqua Fitness
<b>10am</b>		Aqua Fitness		Aqua Fitness	
<b>10.45am</b>	Gentle Exercise				Gentle Exercise
<b>11.15am</b>		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

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