

CAMPBELLTOWN ACTIVE

FITNESS

TIMETABLE

EAGLE VALE

CENTRAL GROUP EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	HIIT Strength	HIIT	HIIT Strength	Boxing Conditioning	HIIT		
7.45am						Bootcamp	
8.30am						Pilates	
9am							Core & Balance
9.30am					Strength & Balance		
10.30am		Balance		Balance			
12pm	Core & Balance		Core & Balance		Core & Balance		
5pm		Core & Balance		Core & Balance			
6pm	HIIT Cardio			HIIT	Stretch		
6.30pm		Pilates					

AQUA TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
9am	Aqua Fitness	Self Guided Aqua Fitness	Self Guided Aqua Fitness	Self Guided Aqua Fitness	Self Guided Aqua Fitness
10am	Self Guided Aqua Fitness		Self Guided Aqua Fitness		Self Guided Aqua Fitness
7pm	Aqua Fitness			Aqua Fitness	

MACQUARIE FIELDS

LEISURE CENTRE + FITNESS & INDOOR SPORTS CENTRE

GROUP EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am	HIIT	Spin	Bootcamp	Functional Fit	Freestyle Barbell	
7.30am						Bootcamp
8.30am						Spin
9.00am				Balance		
9.30am	Balance	Bootcamp	HIIT	Spin	Spin	
10.15am				Boxing Conditioning	Strength & Conditioning	
6pm	Spin		Spin	Spin		
6.30pm					Spin	
6.45pm	ABT's		Freestyle Barbell	HIIT		
7.15pm					Stretch	

AQUA TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	Aqua Fitness	Self Guided Aqua Fitness	Self Guided Aqua Fitness		Aqua Fitness
10.15am		Self Guided Aqua Fitness	Self Guided Aqua Fitness		
10.45am	Gentle Exercise			Self Guided Aqua Fitness	Gentle Exercise

GORDON FETTERPLACE

AQUATIC CENTRE

AQUA TIMETABLE

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

CLASS DESCRIPTIONS

HIIT STRENGTH	Duration: 60 minutes, moderate/high intensity. A fast-paced, barbell-based workout that is designed to help you get lean, toned and fit. This is a moderate-high intensity class, designed for those looking for a bit of a challenge!
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.
BOXING SKILLS	Duration: 60 minutes, moderate intensity. Partner boxing work focusing on skills and fundamentals of Boxing training to increase boxing skills, technique & hand eye coordination.
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	Duration: 30 minutes, low/moderate intensity. Low impact and low intensity class for all abilities. This class focuses on stretch, flexibility and endurance.