

# AQUALINK NUNAWADING GROUP FITNESS CLASS DESCRIPTIONS

## LES MILLS CLASSES

**BODYATTACK:** Will get you fit FAST!  
This high energy aerobics class is suited to participants with moderate to high fitness.

**BODYBALANCE:** Combines the disciplines of Yoga, Tai Chi and Pilates with dynamic moves. The emphasis in this class is on controlled, concise movements and relaxation.

**BODYPUMP/BODYPUMP EXPRESS:**  
A low impact workout using specially designed barbells. This class is perfect for toning your body whilst working your cardiovascular system at the same time. Express classes are 30 minute duration.

**BODYSTEP:** The perfect workout for your butt and thighs. This class is ideal for those who want to increase their fitness levels.

**CXWORX:** A 30 minute workout using resistance tubing. You will strengthen and tone all the muscle groups in your core. Suitable for all fitness levels.

**SH'BAM:** Set to a soundtrack of chart topping hits, Sh'Bam lets you shape up and let out your inner star with simple and fun dance moves over a 45 minute unique and vibrant class. Suitable for all fitness levels.

**NEW TONE:** The optimal mix of strength, cardio and core training. The mix of functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundation class, with a wide variety of options accommodating all fitness levels.

## COMBINATION CLASSES

**BODYPUMP/CXWORX:** Combined benefits of BODYPUMP and CXWORX.

**BODYSTEP/CXWORX:** Combined benefits of BODYSTEP and CXWORX.

## FREESTYLE CLASSES

**BELLYDANCING:** A fun and expressive art form from the Middle East. Benefits include improved coordination, increased self-esteem and creative expression, fitness, core strength and a whole lot of fun. With low impact and easy-to-do moves, it is great for all ages and fitness levels.

**BOXING FITNESS:** An exciting, high intensity action packed class. The class consists of pad work, skipping, shadow boxing and other cardio and resistance exercises. Boxing Fitness is suitable for all fitness levels. No partner required!

**CYCLE/CYCLE EXPRESS:**  
Indoor cycling class that is choreographed to music. This workout is perfect for the cycling enthusiast or anyone wanting to vary their training. This class burns more calories per hour than any other Group Fitness class. Express classes are 30 minute duration.

**FAB CIRCUIT:** Circuits are a steady paced, progressive weights workout to music. Excellent for regaining muscle strength, mobility and general fitness. Suitable for all fitness levels.

**GYMSTICK:** Gymstick combines the use of a stick and resistance bands for a total body workout. You will improve in core stabilisation, muscular endurance and strength, balance, coordination and aerobic fitness. Suitable for all fitness levels.

**HIGH INTENSITY INTERVAL TRAINING (HIIT)/HIIT EXPRESS:** High intensity interval training uses power, agility, weight training and explosive high-impact body weight exercises that will get you super fit super fast, transforming every muscle fibre to produce a lean, athletic shape. Suitable for moderate to high fitness levels. Express classes are 30 minute duration.

**LITE PACE:** A gentle, low impact aerobic workout. Ideal for beginners, older adults, males and females. Includes core training and stability/balance work.

**TABATA:** High intensity interval training with the use of fitness equipment or bodyweight exercises. Suitable for moderate and high fitness levels.

**THT:** Target those trouble spots. Helps increase tone and strength in Tummy, Hips and Thighs.

**ZUMBA:** A Latin inspired, dance fitness workout set to sexy, high energy Latin and international music. Suitable for all fitness levels.

## WELLNESS CLASSES

**MEDITATION:** A mat based class incorporating gentle moving meditation, elements of various Yoga styles, long held stretching and relaxation time. This class is sure to release any tension, leaving you relaxed and refreshed.

**PILATES:** Improve your core strength by concentrating on muscle control and correct breathing patterns through smooth flowing movements. This method is utilised to improve your core stability, posture, balance and flexibility.

**POWER YOGA:** An invigorating, advanced and dynamic Yoga class which increases strength, stamina, balance and flexibility while calming and clearing the mind.

**STRETCH & STABILISE:** A class designed to improve joint mobility, muscle tone and length as well as strength for stability. Suitable for all fitness levels.

**TAI CHI:** An Ancient style of gentle exercise for the mind and body. Immerse yourself in peace and relaxation using this 1000 year old practice.

**YOGA:** This class teaches the postural techniques and controlled breathing of Yoga. Meditation techniques are introduced leaving you feeling refreshed and enlightened.

## AQUA CLASSES

**AQUA:** This class is designed to increase your cardiovascular fitness, strength and muscle tone in a fun, low impact environment.

**AQUABILITY:** A 45 minute specialty aqua class allowing participants to take part at a level suitable to their movement and fitness ability.

**DEEP WATER AQUA:** A challenging class utilising flotation belts and a deep water running component to send your heart racing.

**DEEP WATER RUNNING:** A non impact aquatic running workout conducted in the deep water. Deep Water Running is an awesome aquatic workout providing you with all the benefits of 'pounding the pavements' without the jarring impact.

**FAB AQUA PLUS :** A 45 minute aqua class specifically designed for the Fab Living participants.

Lap lanes for FAB Living swimming are available Monday and Thursday from 8.15am-8.45am and 9.30am-10.00am for use by participants in Fab Aqua Plus classes.

## PLEASE NOTE

- As a condition of entry to all Group Fitness classes, participants must obtain a valid ticket from reception or the kiosk as class limits apply. Tickets must be presented to the instructor upon entry. Be early to avoid disappointment.
- As a courtesy and for safety reasons, participants will not be admitted into group fitness classes after the class has commenced.

- All Aqua class participants must be poolside 5 minutes prior to class commencement.
- All classes are 55 minutes in duration. Class duration outside these times will be noted on the timetable or in class descriptions. Classes include a warm up, cool down and pack up.
- Place your personal belongings and bags in a locker, as no bags are permitted inside the two group fitness studios.

- Please bring a towel and water bottle to every class and a blanket for Yoga, Meditation, BODYBALANCE and Pilates.
- Participants must be aged 16 years and over to attend BODYPUMP, Boxing Fitness and High Intensity Interval Training/ HIIT Express. Participants must be aged 14 years and over to attend all other group fitness classes.



# AQUALINK Nunawading Group Fitness Timetable

Effective 9 April 2018



Group Fitness is ever changing and always exciting, best of all – Group Fitness classes get you results!

We welcome Les Mills TONE to our timetables, replacing BODYVIVE 3.1. TONE is Les Mills' newest class which is the optimal mix of strength, cardio and core training. The mix of functional training and tubing exercises will help you burn calories and take your fitness to the next level.

We offer over 230 classes each week at both Aqualink Nunawading and Aqualink Box Hill. The timetable features popular classes including BODYPUMP, BODYSTEP, SH'BAM, Tabata and Aqua to get your heart rate up. Our Wellness classes include BODYBALANCE, Meditation, Pilates and Yoga to balance your mind and body.

| AQUA    |                      |                   |        |                 |        |     |        |
|---------|----------------------|-------------------|--------|-----------------|--------|-----|--------|
| TIME    | MON                  | TUE               | WED    | THU             | FRI    | SAT | SUN    |
| 8.15AM  |                      |                   |        |                 | ↔ AQUA |     |        |
| 8.45AM  | ★ FAB AQUA PLUS      |                   |        | ★ FAB AQUA PLUS |        |     |        |
| 9.30AM  |                      | ↔ AQUA            | ↔ AQUA |                 | ↔ AQUA |     |        |
| 10.00AM |                      |                   |        |                 |        |     | ↔ AQUA |
| 10.40AM | ↔ AQUA               |                   |        | ↔ AQUA          |        |     |        |
| 12.00PM | ↔ AQUABILITY         |                   |        |                 |        |     |        |
| 6.30PM  | ↔ AQUA               |                   | ↔ AQUA |                 |        |     |        |
| 7.00PM  |                      | ↔ DEEP WATER AQUA |        |                 |        |     |        |
| 7.30PM  | ↔ DEEP WATER RUNNING |                   |        |                 |        |     |        |

LEGEND: ★ FAB LIVING MEMBERS ONLY | ↔ COMBINED FAB LIVING MEMBERS PLUS REGULAR MEMBERS



### Aqualink Nunawading:

Fraser Place, Forest Hill  
Phone 03 9878 4576  
enquiry@aqualink.com.au

facebook.com/AqualinkNunawading

aqualink.com.au

### Centre Operating Hours:

Monday to Friday: 6am-10pm  
Weekends and Public Holidays: 8am-8pm  
Closed Christmas Day and Good Friday.  
Access and hours may vary.

Please contact the Centre for class details on Public Holidays or visit our website.

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| STUDIO 1 |                  |                      |                          |                          |                  |            |               |
|----------|------------------|----------------------|--------------------------|--------------------------|------------------|------------|---------------|
| TIME     | MON              | TUE                  | WED                      | THU                      | FRI              | SAT        | SUN           |
| 6.10AM   | CYCLE (50 min)   | HIIT (50 min)        | BODYPUMP/CXWORX (50 min) | BODYPUMP/CXWORX (50 min) | HIIT (50 min)    |            |               |
| 8.00AM   | ★ FAB CIRCUIT    | ★ FAB CIRCUIT        | ↔ LITE PACE              | ★ FAB CIRCUIT            | ★ FAB CIRCUIT    |            |               |
| 8.10AM   |                  |                      |                          |                          |                  | THT        |               |
| 8.30AM   |                  |                      |                          |                          |                  |            | CYCLE         |
| 9.15AM   | BODYPUMP         | CYCLE EXPRESS        | TABATA                   | CYCLE                    | BODYPUMP         | CYCLE      |               |
| 9.40AM   |                  |                      |                          |                          |                  |            | BODYPUMP      |
| 9.50AM   |                  | CXWORX               |                          |                          |                  |            |               |
| 10.20AM  |                  |                      |                          |                          |                  | BODYATTACK |               |
| 10.45AM  |                  |                      |                          |                          |                  |            | ↔ BODYBALANCE |
| 10.40AM  | ZUMBA            | BODYPUMP             | BODYPUMP                 | POWER YOGA               | ↔ LITE PACE      |            |               |
| 12.05PM  | PILATES (50 min) | ↔ LITE PACE (50 min) | ↔ BELLY DANCING (50 min) | ↔ MEDITATION (50 min)    | ↔ ZUMBA (50 min) |            |               |
| 3.00PM   |                  |                      |                          |                          |                  | ↔ YOGA     |               |
| 4.30PM   |                  |                      |                          |                          |                  | BODYPUMP   | CXWORX        |
| 5.00PM   |                  |                      |                          |                          |                  |            | BODYPUMP      |
| 6.00PM   | CXWORX           | HIIT EXPRESS         |                          | BODYPUMP EXPRESS         |                  |            |               |
| 6.30PM   | BODYATTACK       | CXWORX               | BODYPUMP                 | TABATA                   | BODYPUMP         |            |               |
| 7.00PM   |                  | SH'BAM               |                          |                          |                  |            |               |
| 7.30PM   | BODYPUMP         |                      | CYCLE                    | SH'BAM                   |                  |            |               |

LEGEND: ★ FAB LIVING MEMBERS ONLY | ↔ COMBINED FAB LIVING MEMBERS PLUS REGULAR MEMBERS

| STUDIO 2 |                 |               |                  |                       |                                    |            |          |
|----------|-----------------|---------------|------------------|-----------------------|------------------------------------|------------|----------|
| TIME     | MON             | TUE           | WED              | THU                   | FRI                                | SAT        | SUN      |
| 6.10AM   |                 | YOGA (50 min) |                  |                       |                                    |            |          |
| 8.10AM   |                 |               |                  |                       |                                    | ↔ PILATES  |          |
| 8.15AM   |                 |               |                  | ↔ STRETCH & STABILISE |                                    |            | GYMSTICK |
| 8.50AM   |                 |               |                  |                       |                                    |            | CXWORX   |
| 9.10AM   |                 |               |                  |                       |                                    | TABATA     |          |
| 9.20AM   | ★ FAB PILATES   | BODYPUMP      | ↔ YOGA           |                       | BODYATTACK                         |            |          |
| 9.30AM   |                 |               |                  | ↔ TONE <b>NEW</b>     |                                    |            | BODYPUMP |
| 10.20AM  |                 |               |                  |                       |                                    | BODYATTACK |          |
| 10.45AM  | BODYBALANCE     | POWER YOGA    | ↔ PILATES        | ↔ TAI CHI             | ↔ BODYBALANCE                      |            |          |
| 12.05PM  |                 |               |                  |                       | ↔ BODY BALANCE <b>NEW</b> (50 min) |            |          |
| 6.00PM   | YOGA <b>NEW</b> |               | BODYPUMP EXPRESS |                       |                                    |            |          |
| 6.30PM   |                 | BODYPUMP      | CXWORX           | YOGA                  |                                    |            |          |
| 7.00PM   | PILATES         |               | BOXING FITNESS   |                       |                                    |            |          |
| 7.30PM   |                 | BODYBALANCE   |                  | ↔ TONE <b>NEW</b>     |                                    |            |          |
| 8.00PM   | SH'BAM          |               | YOGA             |                       |                                    |            |          |

LEGEND: ★ FAB LIVING MEMBERS ONLY | ↔ COMBINED FAB LIVING MEMBERS PLUS REGULAR MEMBERS

# be part of it!

## Whitehorse Games 2018

Coming to  
Aqualink  
April 2018