

AQUALINK BOX HILL 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.

BODYCOMBAT: Punch and kick your way to fitness in this high energy martial-arts inspired non-contact workout. Up the intensity and destroy calories while working your legs, toning your arms, back and shoulders. This class is best suited to participants with moderate to high fitness levels.

BODYPUMP: 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.

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

RPM: A 45 minute group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories.

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

AQUA CLASSES

25M INDOOR POOL

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

AQUAFIT: Take your aqua class to a new level. This high intensity workout in water is safe on your joints yet provides all the benefits of a power workout with motivating and high energy instructors. Suitable for all fitness levels.

DIVE POOL

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

WARM WATER POOL

GENTLE AQUA: A 45 minute gentle aqua class suitable for those wishing to return to exercise in a supportive and warm water environment. Ideal for those recovering from injury, older adults and the general population.

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.

CORE EXPRESS: A 30 minute intense class focusing on the abdominals, obliques and back muscles. Designed to challenge and strengthen your core area. The class is ideal for those who want a strong, toned core, relieve any lower back pain and to take your ab training to the next level.

CYCLE/CYCLE EXPRESS: Indoor cycling class that is perfect for the cycling enthusiast or anyone wanting to vary their training. This class can burn more calories than any other Group Fitness class. Express classes are 30 minute duration.

FABSTRENGTH: A class that is suitable for older adults. An enjoyable and interactive class that involves using strength equipment and the individual's body weight. The class further highlights the health benefits and importance of using weight bearing exercises.

GENTLE EXERCISE: Combining seated/chair based exercise with standing work. May include the use of small balls, therabands and scarves, stability and balance work. Ideal for older adults, and particularly for frail persons.

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. Transform every

muscle fibre to produce a lean, athletic shape. Suitable for moderate to high fitness levels. Express classes are 30 minute duration.

KONGA: Konga is the perfect concoction of easy-to-do moves, insane music and routines specifically designed to shape, sculpt and redefine your physique. Suitable for all fitness levels.

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

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

ZUMBA GOLD: A low impact, fun Zumba class, tailored for all ages and fitness levels.

WELLNESS CLASSES

MEDITATION: Relax, unwind and de-stress as you experience practical and enjoyable guided meditation. Mindfulness and gentle movements creating calm and clarity to settle the mind, find peace and help you sleep better. All fitness levels, lying or chair based.

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 that 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.

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 four group fitness studios.
- Please bring a towel and water bottle to every class and a blanket for Yoga, Meditation and Pilates.
- Participants must be aged 14 years and over to attend all group fitness classes.
- For outdoor classes we recommend that you are sun smart and wear a hat, sunglasses and sunscreen.



Proudly owned and operated by Whitehorse City Council.

Aqualink Box Hill:

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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.



AQUALINK BOX HILL Group Fitness Timetable Effective 9 July 2018

NEW TIME MONDAY & SATURDAY:
MEDITATION CLASSES

Group Fitness is ever changing, always exciting and best of all, gets you results!

We offer over 230 classes each week at both Aqualink Box Hill and Aqualink Nunawading. The timetable features popular classes including BODYPUMP, BODYCOMBAT, TONE, HIIT, Aqua, Cycle and Zumba to get your heart rate up. Our Wellness Classes include Meditation, Pilates, Tai Chi and Yoga to balance your mind and body.

Reward yourself by experiencing our Wellness Classes where you can refresh the mind and the body from within. Our timetable this quarter includes NEW Meditation classes where you can enjoy gentle moving meditation, stretching and relaxation.

GROUP FITNESS STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.10AM	BODYPUMP (50 min)	HIIT (50 min)	BODYATTACK (50 min)	BODYPUMP (50 min)	HIIT (50 min)		
8.00AM	↔ LITE PACE	↔ BELLY DANCING	↔ LITE PACE	↔ FABSTRENGTH	↔ ZUMBA GOLD		
8.20AM						BODYCOMBAT	BODYPUMP
9.20AM	BODYPUMP	BODYCOMBAT	BODYSTEP	ZUMBA	BODYPUMP	BODYPUMP	BODYATTACK
10.40AM	↔ TONE	BODYPUMP	ZUMBA	BODYPUMP	ZUMBA	ZUMBA	
12.00PM	↔ ZUMBA GOLD	★ FABSTRENGTH			★ FABSTRENGTH		
12.30PM				★ FABSTRENGTH			
4.00PM						BODYSTEP	BODYPUMP
5.00PM							BODYCOMBAT
6.00PM	BODYPUMP	TONE	BODYATTACK	BODYPUMP	ZUMBA		
7.00PM	BODYATTACK	ZUMBA	BODYPUMP	BODYSTEP			
8.00PM	KONGA	BODYPUMP	BODYCOMBAT				

LEGEND: ★ FAB LIVING MEMBERS ONLY | ↔ COMBINED FAB LIVING MEMBERS PLUS REGULAR MEMBERS
☆ OUTDOOR PROGRAM, THESE CLASSES MAY BE CANCELLED IN EXTREME WEATHER CONDITIONS.

FITNESS STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.10AM			BOXING FITNESS (50 min)	HIIT (50 min)			
8.30AM						BOXING FITNESS	
9.20AM	HIIT	BOXING FITNESS	HIIT EXPRESS	BOXING FITNESS	BOXING FITNESS		
9.50AM			CORE EXPRESS				
10.40AM	BOXING FITNESS	HIIT	HIIT		HIIT EXPRESS		BOXING FITNESS
11.15AM				CORE EXPRESS	CORE EXPRESS		
4.30PM							BOXING FITNESS
6.00PM		CORE EXPRESS	CORE EXPRESS				
6.30PM	BOXING FITNESS	HIIT EXPRESS	BOXING FITNESS	HIIT	BOXING FITNESS		
7.00PM		CORE EXPRESS					
7.30PM	HIIT	BOXING FITNESS	HIIT	CORE EXPRESS			

WELLNESS STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.10AM			YOGA (50 min)				
8.10AM						PILATES	POWER YOGA
9.20AM	POWER YOGA	⇄ PILATES	⇄ YOGA	⇄ TAI CHI	⇄ PILATES	YOGA	PILATES
10.30AM						MEDITATION NEW	
10.40AM	⇄ STRETCH & STABILISE	⇄ TAI CHI	⇄ PILATES	⇄ GENTLE EXERCISE	⇄ YOGA		
11.30AM						YOGA	
12.05PM	⇄ YOGA (50 min)	⇄ STRETCH & STABILISE (50 min)	⇄ MEDITATION (50 min)				
2.00PM		⇄ GENTLE EXERCISE					
4.30PM						⇄ PILATES	
5.00PM							⇄ PILATES
6.00PM					YOGA		
6.30PM	PILATES	YOGA					
7.00PM			PILATES	PILATES			
7.30PM	MEDITATION (30 min) NEW						
8.00PM	YOGA	YOGA	PILATES	YOGA			

LEGEND: FAB LIVING MEMBERS ONLY | COMBINED FAB LIVING MEMBERS PLUS REGULAR MEMBERS
 OUTDOOR PROGRAM, THESE CLASSES MAY BE CANCELLED IN EXTREME WEATHER CONDITIONS.

CYCLE STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.10AM		RPM		CYCLE (50 min)	CYCLE (50 min)		
8.20AM						CYCLE	RPM
9.20AM	RPM	RPM	CYCLE		RPM		
9.30AM						RPM	CYCLE
10.40AM				CYCLE EXPRESS			
6.30PM			CYCLE EXPRESS				
7.00PM	RPM	CYCLE					

AQUA							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00AM		⇄ AQUA	⇄ AQUA		⇄ AQUA		
8.10AM						⇄ DEEP WATER AQUA (50 min)	
9.00AM						⇄ DEEP WATER AQUA	
9.30AM	⇄ AQUA		⇄ DEEP WATER AQUA	⇄ AQUA	OUTDOOR AQUA		
10.40AM	⇄ DEEP WATER AQUA			⇄ DEEP WATER AQUA			
11.00AM		⇄ DEEP WATER AQUA	⇄ GENTLE AQUA		⇄ GENTLE AQUA		
12.00PM			⇄ GENTLE AQUA		⇄ GENTLE AQUA		
12.30PM	⇄ GENTLE AQUA						
6.00PM							⇄ AQUAFIT
7.00PM	⇄ AQUAFIT		⇄ AQUAFIT				
7.30PM				⇄ DEEP WATER AQUA			
8.00PM	⇄ DEEP WATER AQUA						

LEGEND: FAB LIVING MEMBERS ONLY | COMBINED FAB LIVING MEMBERS PLUS REGULAR MEMBERS
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JULY IS

MEMBER MONTH

'THANK YOU' TO ALL OUR MEMBERS FOR CHOOSING AQUALINK

This one's for you