

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. 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.

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.

DIVE POOL

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

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.

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.

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.



NEW TUESDAY EVENING HIIT EXPRESS

NEW WEDNESDAY EVENING BODYSTEP

NEW WEDNESDAY EVENING STRETCH & STABILISE

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, BODYATTACK, BODYSTEP, HIIT, Aqua, RPM, 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.

It may be cold outside however we are turning up the heat at Aqualink. Step up to the challenge of keeping fit this winter with BODYSTEP. A full-body cardio workout to burn calories and leave you buzzing with satisfaction. Or perhaps the new Stretch & Stabilise class is right for you. Improve joint mobility and build strength for stability.

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	BODYATTACK	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	BODYSTEP NEW	BODYPUMP	ZUMBA		
7.00PM	BODYATTACK	ZUMBA	BODYPUMP	BODYSTEP			
8.00PM	ZUMBA	BODYPUMP	BODYCOMBAT				

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

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 or in-studio pigeon holes. No bags are permitted in Wellness and 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. Outdoor classes may be cancelled in extreme weather conditions.

Aqualink Box Hill:

Surrey Drive, Box Hill
 Phone 03 9843 2900
 enquiry@aqualink.com.au

facebook.com/AqualinkBoxHill
 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.



Proudly owned and operated by Whitehorse City Council.

FITNESS STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.30AM						BOXING FITNESS	
9.20AM	HIIT	BOXING FITNESS	HIIT EXPRESS	BOXING FITNESS	BOXING FITNESS		
9.30AM						HIIT	
9.50AM			CORE EXPRESS				
10.40AM	BOXING FITNESS	HIIT	HIIT		HIIT EXPRESS		BOXING FITNESS
11.15AM					CORE EXPRESS		
4.30PM							BOXING FITNESS
5.30PM		HIIT EXPRESS NEW					
6.00PM	HIIT EXPRESS	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				

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

LEGEND: ⇄ 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	RPM		CYCLE (50 min)	CYCLE (50 min)		
8.20AM						CYCLE	RPM
9.20AM	RPM		CYCLE		RPM		
9.30AM						RPM	CYCLE
10.40AM				CYCLE			
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	☆ OUTDOOR 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				
8.00PM	⇄ DEEP WATER AQUA						

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

MEMBER EVENTS

We run regular exclusive events for our members
 - see our Facebook page or speak to reception
 for more details about upcoming dates...

This one's for you!



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