

GROUP FITNESS

SPRING TIMETABLE

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am BODYPUMP 45 MINS [S1]	6:00am FUNCTIONAL TRAINING 45 MINS [S1]	6:00am RPM 45 MINS [S2]	6:00am BODYPUMP 45 MINS [S1]	6:00am FUNCTIONAL TRAINING 45 MINS [S1]	8:30am BODYPUMP 45 MINS [S1]	8:30am BODYPUMP 60 MINS [S1]
9:30am AQUA 60 MINS [IP]	9:30am AQUA 60 MINS [IP]	9:30am AQUA 60 MINS [IP]	9:30am AQUA 60 MINS [IP]	9:30am AQUA 60 MINS [IP]	9:00am RPM 45 MINS [S2]	9:45am BODYBALANCE 60 MINS [S1]
9:30am BODYCOMBAT 45 MINS [S1]	9:30am BODYPUMP 45 MINS [S1]	9:30am FUNCTIONAL TRAINING 45 MINS [S1]	9:30am SH'BAM 45 MINS [S1]	9:30am BODYPUMP 45 MINS [S1]	9:30am AQUA 60 MINS [OP]	
10:30am FUNCTIONAL TRAINING 45 MINS [S1]	10:30am BODYBALANCE 60 MINS [S1]	10:30am AEROBICS 45 MINS [S1]	10:30am FUNCTIONAL TRAINING 45 MINS [S1]	10:30am YOGA 60 MINS [S1]	9:30am BODYSTEP 30 MINS [S1]	
1:30pm YOUNG AT HEART 45 MINS [S1]	5:00pm BODYCOMBAT 60 MINS [S1]	1:30pm YOUNG AT HEART (AQUA) 45 MINS [IP]	5:00pm HIIT / CORE 60 MINS [S1]	1:30pm YOUNG AT HEART 45 MINS [S1]	10:15am BODYCOMBAT 60 MINS [S1]	
5:00pm BODYPUMP 60 MINS [S1]	6:00pm RPM 45 MINS [S2]	5:30pm BODYSTEP 30 MINS [S1]	6:30pm BODYPUMP 60 MINS [S1]	5:00pm BODYCOMBAT 60 MINS [S1]		
6:30pm SH'BAM 45 MINS [S1]	6:30pm YOGA 60 MINS [S1]	6:45pm RPM 45 MINS [S2]	7:00pm AQUA DEEP 45 MINS [IP]	6:30pm YOGA 60 MINS [S1]		
7:00pm AQUA 60 MINS [IP]	7:00pm AQUA DEEP 45 MINS [IP]	7:00pm SH'BAM 45 MINS [S1]				
		7:00pm AQUA 60 MINS [IP]				



S1: STUDIO 1 / S2: STUDIO 2 / IP: INDOOR POOL / OP: OUTDOOR POOL (SUBJECT TO WEATHER)

TO BOOK VISIT [RIPPLESNOW.COM.AU](http://ripplesnsw.com.au)

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CLASS DESCRIPTIONS

AQUA	Moderate intensity workout, suitable for levels and ages. Use water resistance to increase muscle strength, endurance and flexibility.
AQUA DEEP	A water based exercise class held in the deep end of the pool, designed to strengthen core muscles. Floatation belt provided.
BODYBALANCE	Stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates
BODYCOMBAT	Aerobic training programme that combines energetic moves and stances developed from self-defence disciplines
BODYPUMP	A group barbell programme that challenges every major muscle in your body
BODYSTEP	A great cardio workout using a step to tone your butt and thighs
BOXING	Work on hand-eye coordination and cardiovascular fitness
CORE	Work your abdominal muscles to the max and improve strength, posture and flexibility
FUNCTIONAL TRAINING	Train your body for everyday life with multi-joint movements
HIIT	High intensity interval training for intermediate to advanced participants
RPM	Indoor cycle class based on outdoor riding
SH'BAM	Designed for all fitness levels, it features simple but serious dance moves
YOUNG AT HEART	For over 50's, this features low impact exercise with a focus on fun and socialising through fitness