

## Group Fitness Class Descriptions

**AQUA:** Alternative to all exercises, class held in the shallow section of the pool.

**AQUA DEEP:** Flotation belt provided, strengthen your core muscles. A water based exercise class held in the 2 metre deep pool.

**BODYBALANCE®:** Yoga-based class that will improve your mind, your body & your life. Strengthen your entire body & leave you feeling calm & centered.

**BODYCOMBAT®:** Aerobic training programme that combines moves & stances developed from a range of self defence disciplines into a take-no-prisoners energetic routine.

**BODYPUMP®:** A group barbell programme that challenges every major muscle in your body.

**BODYSTEP®:** A great cardio body workout using a step to tone your butt & thighs.

**BOXING:** Working on hand - eye coordination as well as cardiovascular fitness.

**CIRCUIT:** Consists of light to moderate weights & cardio training also for toning & shaping your body.

**CORE:** Class aimed at working your abdominal muscles to the max! Designed to improve strength, posture & flexibility.

**CXWORX®:** Core program working your muscles around your body using resistance tubes, weight plates & your body weight.

**FT:** Functional training class, training your body for daily life activities. Most functional exercises contain multi-joint movements. Improving strength in your knees, hips, shoulders & abdominals.

**GRIT™:** 30 minute high intensity HITT class designed to improve strength, build lean muscle & burn calories.

**HIIT:** High intensity interval training for intermediate to advanced participants, designed to increase fitness & promote high fat burn.

**ON THE BALL:** Freestyle class focusing predominately on tightening & toning core strength, flexibility & stabilisation.

**RPM®:** Indoor cycle class based on outdoor riding.

**SH'BAM®:** 45 minute class designed for all fitness levels. It features simple but seriously hot dance moves.

**SPRINT™:** 30 minute high intensity cycle class, with limited joint impact.

**STRETCH:** Relax, stretch & balance to improve flexibility in joints & muscles.

**TOTAL BODY:** Low impact, moderate intensity class.

**YOUNG AT HEART:** Designed for over 50's. It is low impact with the emphasis on fun while getting fit, followed by coffee & chat.

**ZUMBA:** Combination of Latin & International music with a fun & effective dance workout system.

## Exercise Physiologists (EP) Class Descriptions, Run By An EP

**Ante Natal Pilates:** Benefit of this class can include reduced low back & pelvic pain, incidence of gestational diabetes, stress & depression, assists to maintain a healthy body weight in pregnancy, shortens labour time & faster postnatal recovery.

**Better Me:** Class is conducted in our Hydro Pool & is for any individual who is overweight with a BMI between 35 & 65.

**Better Me Kids:** Class conducted in our Hydro Pool & is for any child between 6 to 12 yrs who is overweight with a BMI above 30.

**Healthy Heart:** Suitable for any individual with a heart condition. Conducted in our Hydro Pool to manage your chronic condition.

**Pilates:** Class targets a range of conditions including lower back, shoulder, SIJ, pelvic pain & neck injuries. Pilates benefits by: reducing pain, correct movement patterns/techniques, increase strength & decrease susceptibility to specific or further injuries.

**Post Natal/Mums & Bubs Pilates:** Designed to focus on recovery for new mothers. Benefits include: strength & recovery of abdominals, increased muscle tone, fitness, weight loss, prevention of incontinence, social interaction, reduced anxiety & depression.

**Staying Active:** In our Hydro Pool aiming to improve balance, muscular endurance, bone mineral density, breathing capacity & flexibility.

**T2 Diabetes:** Class runs through an 8 week cycle incorporating hydrotherapy, land based & dietitian sessions.



## Centre Operating Hours

	St Marys	Penrith	Hydrotherapy	
<b>Mon - Fri</b>	5.30am - 9.00pm	5.30am - 7.00pm	5.30am - 9.00am 9.00am - 12.00pm 12.00pm - 3.00pm 3.00pm - 7.00pm (Note: *6pm Friday)	Public & EP Services EP & Learn To Swim Public & EP Services Public, EP & Learn To Swim
<b>Sat</b>	6.30am - 6.00pm	8.00am - 6.00pm	7.00am - 1.00pm	Public, EP & Learn To Swim
<b>Sun</b>	7.30am - 6.00pm	8.00am - 6.00pm	7.30am - 1.00pm	Public & Learn To Swim

Information subject to change without notice. Timetable valid from the 1st July 2019.



ST MARYS RIPPLES LEISURE CENTRE

www.ripplesnsw.com.au



## Group Fitness Timetable

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
6.00am	30 LESMILLS GRIT	30 LESMILLS sprint	30 Ripples FT		30 Ripples BOXING		
6.30am	30 LESMILLS CXWORX		30 Ripples CORE		30 Ripples FT		
8.00am						45 LESMILLS RPM	
9.00am						30 LESMILLS GRIT	60 LESMILLS BODYPUMP
9.30am	60 LESMILLS BODYCOMBAT	60 LESMILLS BODYPUMP	45 Ripples BOXING	60 Ripples ZUMBA	60 LESMILLS BODYPUMP	30 LESMILLS CXWORX	
10.00am						60 LESMILLS BODYCOMBAT	60 LESMILLS BODYBALANCE
10.30am	60 Ripples TOTAL BODY	60 LESMILLS BODYBALANCE	30 LESMILLS RPM	30 LESMILLS GRIT	45 Ripples CIRCUIT		
11.00am			30 LESMILLS CXWORX	30 Ripples ON THE BALL		60 Ripples TOTAL BODY	
1.30pm	45 Ripples YOUNG AT HEART				45 Ripples YOUNG AT HEART		
5.00pm	30 Ripples HIIT	60 LESMILLS BODYPUMP	30 LESMILLS GRIT				
5.30pm	30 Ripples CORE		45 LESMILLS RPM	60 LESMILLS BODYPUMP			
6.00pm	60 Ripples BOXING	30 LESMILLS sprint			60 Ripples STRETCH		
6.30pm		30 LESMILLS CXWORX	60 Ripples BOXING	30 LESMILLS BODYPUMP			
7.00pm	60 Ripples ZUMBA	60 LESMILLS BODYPUMP					
7.30pm			45 LESMILLS SH'BAM				

## Aqua St Marys Indoor Pool Timetable

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
9.30am	60 Ripples AQUA	60 Ripples AQUA	60 Ripples AQUA	60 Ripples AQUA	60 Ripples AQUA ZUMBA	60 Ripples AQUA	
11.00am					30 Ripples AQUA DEEP		
1.30pm			45 Ripples YOUNG AT HEART				
6.30pm	60 Ripples AQUA	30 Ripples AQUA DEEP	60 Ripples AQUA				

## Exercise Physiologist Class Timetable

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
8.00am		Ripples STAYING ACTIVE		Ripples STAYING ACTIVE/ HEALTHY HEART	Ripples BETTER ME		
9.00am				Ripples MUMS & BUBS/POST NATAL PILATES		Ripples STAYING ACTIVE/ HEALTHY HEART	
11.00am		Ripples MUMS & BUBS/POST NATAL PILATES					
12.00pm			Ripples STAYING ACTIVE LAND BASED				
3.00pm		Ripples T2 DIABETES					
4.00pm			Ripples KIDS BETTER ME				
5.00pm	Ripples PILATES	Ripples MUMS & BUBS/POST NATAL PILATES	Ripples ANTE NATAL PILATES	Ripples T2 DIABETES			
6.00pm	Ripples ANTE NATAL PILATES	Ripples PILATES					
6.00pm		Ripples BETTER ME / HEALTHY HEART					

Please note: All Exercise Physiologist classes are not included in general memberships. Options include: Casual Classes, Visit Passes, Memberships, Pilates Add On, Platinum Memberships including access to everything within the facility.

