

# Ripples Group Fitness

## TIMETABLE

COMMENCES 7 JUNE 2024

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am <b>BODYPUMP</b> 45 MINS (S1)	6:00am <b>BODYSTEP</b> 45 MINS (S1)	6:00am <b>RPM</b> 45 MINS (S2)	6:00am <b>FT / BODYSTEP</b> 45 MINS (S1)	6:00am <b>BOXING</b> 45 MINS (S1)	8:30am <b>BODYPUMP</b> 60 MINS (IP)	9:15am <b>BODYPUMP</b> 60 MINS (S1)
9:30am <b>AQUA</b> 60 MINS (IP)	9:05am <b>BODYPUMP</b> 60 MINS (S1)	9:30am <b>AQUA</b> 60 MINS (IP)	9:30am <b>AQUA HIIT</b> 60 MINS (IP)	9:30am <b>BODYPUMP</b> 60 MINS (S1)	9:30am <b>BODY COMBAT</b> 60 MINS (IP)	9:30am <b>AQUA HIIT</b> 60 MINS (IP)
9:30am <b>AEROBICS</b> 45 MINS (S1)	9:30am <b>AQUA</b> 60 MINS (IP)	9:30am <b>ZUMBA</b> 60 MINS (S1)	9:30am <b>AEROBICS</b> 60 MINS (S1)	9:30am <b>AQUA</b> 60 MINS (IP)	9:30am <b>AQUA</b> 60 MINS (IP)	10:30am <b>YOGA</b> 60 MINS (S1)
10:30am <b>FUNCTIONAL TRAINING</b> 45 MINS (S1)	10:30am <b>YOGA</b> 60 MINS (S1)	1:30pm <b>YOUNG AT HEART</b> 45 MINS (IP)	10:30am <b>ON THE BALL</b> 45 MINS (S1)	10:30am <b>YOGA</b> 60 MINS (S1)	10:30am <b>FUNCTIONAL TRAINING</b> 45 MINS (IP)	
1:30pm <b>YOUNG AT HEART</b> 45 MINS (S1)	5:00pm <b>FUNCTIONAL TRAINING</b> 45 MINS (S1)	5:30pm <b>BODYPUMP EXPRESS</b> 30 MINS (S1)	5:30pm <b>BODY STEP</b> 45 MINS (S1)	11:30am <b>CHAIR YOGA</b> 45 MINS (S1)		
5:30pm <b>FUNCTIONAL TRAINING</b> 60 MINS (S1)	6:00pm <b>BODY COMBAT</b> 60 MINS (S1)	6:00pm <b>RPM</b> 45 MINS (S2)	6:30pm <b>BODYPUMP</b> 60 MINS (S1)	1:30pm <b>YOUNG AT HEART</b> 45 MINS (S1)		
6:00pm <b>RPM</b> 45 MINS (S2)	7:00pm <b>AQUA</b> 60 MINS (IP)	6:00pm <b>MOBILITY &amp; STRETCH</b> 45 MINS (S1)	7:00pm <b>AQUA</b> 60 MINS (IP)	5:30pm <b>RPM</b> 45 MINS (S1)		
6:30pm <b>BODYSTEP</b> 45 MINS (S1)	7:00pm <b>YOGA</b> 60 MINS (S1)	7:00pm <b>ZUMBA</b> 60 MINS (S1)		7:00pm <b>AQUA</b> 60 MINS (IP)		
7:00pm <b>AQUA</b> 60 MINS (IP)		7:00pm <b>AQUA</b> 60 MINS (IP)				

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

CLASSES ARE SUBJECT TO CHANGE  
LIVE TIMETABLE AVAILABLE ON YOUR ONLINE MEMBER PORTAL

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# CLASS DESCRIPTIONS

- ABS, BUTT & THIGHS** Increase core and pelvic stability to support intense workouts and everyday activities.
- AEROBICS** Choreographed exercises to music offering a total-body workout
- AQUA** Moderate intensity workout, suitable for levels and ages. Use water resistance to increase 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.
- AQUA HIIT** High intensity interval training Aqua class, incorporating toning and cardio exercises, suitable for all fitness levels
- 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
- BOOTY BUILDER** Strength class designed to sculpt & lift your behind, learn the best moves to tone, gain strength, shape and burn body fat.
- BOX N BLAST** A boxing fitness class using heavy bags or pads, combined with a toning cardio workout - great for all levels of fitness
- FUNCTIONAL TRAINING** Train your body for everyday life with multi-joint movements
- MOBILITY** Static and dynamic stretching to improve your flexibility and stability
- ON THE BALL** A fitball training class that works your core muscles, including the abdominals, back, butt and thighs
- RPM** Indoor cycle class based on outdoor riding
- SH'BAM** Designed for all fitness levels, it features simple but serious dance moves
- STEPBURN** A freestyle step class, working on toning your overall body
- YOUNG AT HEART** For over 50's, this features low impact exercise with a focus on fun and socialising through fitness
- YOGA** A posture-based physical fitness, stress-relief & relaxation class
- ZUMBA** Sweat it out with this no-work workout featuring fun dance moves