


	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP FITNESS							
06:00	MXT Elle	Body Pump Stacey		Booty Barre Martine	Flow Yoga Marie		
08:00			Balance Erny		CXWorx 30min Elle	Body Pump Katie	
08:45	Booty Barre Martine	Pilates Kaye	Zumba Sara	Body Pump Erny	Body Combat Victoria		Pilates Judy
09:00						CXWorx 30min Elle	
09:45	Body Pump Stacey	MXT Kaye	CXWorx 30min Elle	Flow Yoga Astrid	Body Pump Jo	Body Attack Katie	Zumba Sara
10:15			MXT 45min Kaye				
11:00	Body Balance Erny	Body Pump Jo		Pilates Kaye	Yoga Astrid	Pilates Jo	Yin Yoga Rosie
12:00		Yin Yoga Shivani	Yoga Astrid				
15:30							Body Pump Judy
16:30						Yoga Shelagh	Body Balance Judy
17:00							
17:30	Body Pump Katie	Body Combat Victoria	Pilates Kerri				
18:00				CXWorx 30min Tim			
18:30	Flow Yoga Rosie	Booty Barre Martine	MXT 45min Dylan	Zumba Sara	Zumba Alfonso		
19:30	Zumba Alfonso	Pilates Martine	Body Pump Tim	Body Balance Judy			
20:30			Yoga Astrid				

GROUP FITNESS CLASSES ARE 1HR UNLESS OTHERWISE STATED

	MON	TUE	WED	THU	FRI	SAT	SUN
BOXING ROOM							
06:00		H.I.I.T Justin		H.I.I.T Justin	Boxing Kaye		
06:45						H.I.I.T Dylan	
07:30						Mobility Tonu	
08:00				H.I.I.T Tonu		H.I.I.T Tonu	
08:45					MXT Elle		
09:00	H.I.I.T Kaye						
10:00					Boxing Kaye		
18:00		H.I.I.T Justin					
19:00	Boxing Dylan		19:15pm Boxing Dylan				
CYCLE FITNESS (45min)							
06:00			RPM Marie				
07:45						RPM Elle	
08:00							RPM Katie
08:45			RPM Elle		Cycle Kerri		
10:00	Cycle Kerri						
18:00	RPM Elle						
18.30		RPM Marie	Cycle Kerri				

	MON	TUE	WED	THU	FRI	SAT	SUN
ACTIVE OVER 50's							
08:00		Active Strength Elle			Active Strength Katie		
11:00			Get Active Kerri				
12:00	Get Active Kerri			Get Active Marie			
CLUB OPEN HOURS							
					OPEN		CLOSE
MONDAY				05:30		22:00	
TUESDAY				05:30		22:00	
WEDNESDAY				05:30		22:00	
THURSDAY				05:30		22:00	
FRIDAY				05:30		21:00	
SATURDAY				06:30		18:00	
SUNDAY				08:00		18:00	

MINI MILLS OPEN HOURS				
	MORNING		EVENING	
	OPEN	CLOSE	OPEN	CLOSE
MONDAY	08:00	12:30	17:00	19:30
TUESDAY	08:00	12:30		
WEDNESDAY	08:00	12:30		
THURSDAY	08:00	12:30		
FRIDAY	08:00	12:30		
SATURDAY	07:30	12:15		
SUNDAY				

CLASS BENEFITS - QUICK GUIDE

CLASS NAME	INTENSITY	FAT BURN	STRENGTH	TONING	FLEXIBILITY	CORE	FITNESS
ACTIVE STRENGTH	LOW		P	P			
BODY ATTACK	HIGH	P	P				P
BODY BALANCE	LOW		P	P	P	P	
BODY COMBAT	MED	P		P			P
BODY PUMP	MED	P	P	P		P	
BOOTY BARRE	MED	P	P	P	P	P	P
BOXING	HIGH	P	P	P			P
CX WORX	MED		P	P		P	
CYCLE	HIGH	P	P				P
FLOW YOGA	MED		P	P	P		
GET ACTIVE	LOW	P					P
H.I.I.T	HIGH	P	P				P
Mobility	LOW				P		
MXT	HIGH	P	P	P		P	P
PILATES	MED			P		P	
RPM	HIGH	P	P				P
YIN YOGA	LOW			P	P		
YOGA	LOW		P	P	P	P	
ZUMBA	MED	P					P

NOTE: INSTRUCTORS WILL OFFER EXERCISE 'OPTIONS' SUITABLE FOR VARYING FITNESS LEVELS THROUGHOUT THE CLASS. **PLEASE INFORM YOUR INSTRUCTOR OF ANY PRE-EXISTING INJURY OR ILLNESS BEFORE THE CLASS COMMENCES.**

ACTIVE STRENGTH	A fully supervised class aimed at improving seniors muscle strength and mobility. Exercises focus on technique for resistance training and provide education on the most effective exercises to build and maintain muscle strength and mobility.
BODY ATTACK	BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.
BODY BALANCE	BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance
Body Combat	Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.
BODY PUMP	BODYPUMP™ is an addictive workout that challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key is THE REP EFFECT™, focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.
BOOTY BARRE	Bootybarre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.
BOXING	Partnered boxing session using gloves and focus pads. Training partner not required as instructor will match you with someone. Option to wear a heart rate monitor and see your concerted physical activity on a screen in real time.
CX WORX	CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.
CYCLE	A freestyle indoor cycling class requiring energy but not coordination. Push your legs and glutes to their max with the fun tunes and buzzing atmosphere of Cycle. You control your own resistant levels and sprint speed so you can build up your training level over time. A fun and furious workout.
FLOW YOGA	A dynamic style of yoga that flows from one pose to the next incorporating sun salutations and connecting your breath and movements. Involves less instruction with postures. Previous yoga experience preferable
GET ACTIVE	This class is designed to be a fun way to activate your Cardio, Strength & Balance fitness. Suitable for over 50 participants & anyone who likes old style classes with lots of options in impact & intensity.
H.I.I.T. (45mins)	HIIT, or high-intensity interval training, you give all-out 100% effort through quick, intense bursts of various exercises followed by short, sometimes active recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.
Mobility (30mins)	30min Class improving movement mechanics to optimize athletic performance and to preventing injury during workouts, improve flexibility, recovery and range of motions.
MXT	[Millennium Cross Training] A high intensity, circuit based workout that includes resistance training, sports training and cardio exercises. This class uses fundamental patterns such as running, squats, lunges and push ups in a challenging combination to get you sweating and breathing heavy.
PILATES	A mat based class that is a great way to strengthen the lower back and core muscles. Pilates improves posture, mobility, balance and stability.
RPM	RPM™ is an indoor cycling class where you ride to the rhythm of powerful music. Take on the terrain with your inspiring instructor. You control your own resistance levels and sprint speed so you can build up your training level over time.
YOGA	Hatha Yoga incorporating many yoga styles which get your body moving and stretching in all directions. Learn good posture, how to breath, stretch your limits and find stillness at the end of it all. Suitable for everyone.
YIN YOGA	Yin yoga opens up tightly knit fascial tissues in 3-5 minute long hold stretches done mainly on the floor. It can help the body to regain its full range of motion over time. Yin can help relieve stress and pain and it is a more gentle style of yoga. Wear warm clothing, bring a blanket.
ZUMBA	An aerobic fitness program featuring movements inspired by various styles of Latin American dance that is fun and easy to follow. Join the Zumba revolution!!

13th June 2019

MILLENNIUM

GROUP

FITNESS

TIMETABLE



9 ALEXANDRIA PDE, WAITARA
 Phone: 9987-4277 | Email: info@millenniumhealthclub.com.au
 www.millenniumhealthclub.com.au