

## GROUP FITNESS CLASSES

CLASS NAME	INTENSITY	FAT BURN	STRENGTH	TONING	FLEXIBILITY	CORE	FITNESS	CLASS DESCRIPTION
ACTIVE OVER 50'S	LOW	P	P	P			P	A fully supervised class designed to improve cardiovascular fitness and coordination. It is a low intensity class with basic movements choreographed to music.
BARRE	MED	P		P		P		Resistance bands, balls and ballet barre are used to integrate the fundamentals of Pilates with core work, cardio intervals and functional exercises to create a total body work out.
BELLY/BUTT	MED			P		P		A combination of aerobics, floor exercises and Pilates to help firm and shape your belly and your butt.
BODY BALANCE	LOW		P	P	P	P		Yoga moves with elements of Tai Chi and Pilates. Breathing control is a part of all the exercises.
BODY PUMP	MED	P	P	P		P		Using light -moderate weights with lots of repetition to give you a full body workout.
BOXING	HIGH	P		P		P	P	Partnered boxing session using gloves and focus pads. Training partner not required as instructor will match you with someone.
CORE30	MED		P	P		P		A medium intensity core workout completed in 30mins!
CROSS TRAINING	HIGH	P	P	P		P	P	Constantly varied functional movements performed at medium to high intensity. Includes weight lifting and Olympic lift fundamentals and technique.
CYCLE	HIGH	P	P	P			P	A freestyle indoor cycling class requiring energy but not coordination. You control your own resistance levels and sprint speed so you can build up your training level over time.
DANCEFIT	MED	P		P		P	P	A fun aerobics class that feels more like a party than a workout. Dance to great music and get fit the fun way!
H.I.I.T	HIGH	P		P	P	P	P	High Intensity Interval Training utilises bursts of intense exercise followed by short recovery periods to burn more fat in less time & increase fitness rapidly.
LES MILLS CORE	MED		P	P		P		Core work using resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. There are some hip, butt and lower back exercises.
MOBILITY	LOW						P	30min Class improving movement mechanics to optimize athletic performance and aids in injury prevention. Improve flexibility, recovery and range of motion.
RPM	HIGH	P	P	P			P	Indoor cycling class incorporating dynamic movements. You control your own resistance levels and sprint speed so you can build up your training level over time.
YOGA	LOW		P	P	P	P		Varied Yoga styles incorporated to aid good posture, breathing techniques, flexibility and meditation. Suitable for everyone.
ZUMBA	MED	P		P		P	P	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!

## OPENING HOURS

### HEALTH CLUB HOURS

DAY	OPEN	CLOSE
MONDAY	05:30	21:00
TUESDAY	05:30	21:00
WEDNESDAY	05:30	21:00
THURSDAY	05:30	21:00
FRIDAY	05:30	20:00
SATURDAY	06:00	16:00
SUNDAY	08:00	13:00

### MINI MILLS CLUB / CRECHE

DAY	MORNING	EVENING
MONDAY	8:30 - 12:00	16:15 - 19:30
TUESDAY	8:30 - 12:00	16:15 - 19:30
WEDNESDAY	8:30 - 12:00	16:15 - 19:30
THURSDAY	8:30 - 12:00	16:15 - 19:30
FRIDAY	8:30 - 12:00	CLOSED
SATURDAY	8:15 - 12:00	CLOSED
SUNDAY	CLOSED	CLOSED

## GROUP FITNESS

(LOCATION: UPSTAIRS GROUP FITNESS ROOM)

	MON	TUE	WED	THU	FRI	SAT
05:45		Body Pump Phil				
08:30						Body Pump Phil
09:00		Les Mills Core Nicole 30min		Core30 Nathan 30min		
09:30	Body Pump Alyssa	DanceFit Nicole	Body Pump Alyssa	Belly Butt Sam	Body Pump Nicole	Barre Nicole
10:30		Body Balance Nicole	Yoga Ray		Barre Nicole	Body Balance Nicole
17:30	Yoga Amy	Boxing Phil	Les Mills Core Kylie 30min	Body Pump Kellie		
18:00			Zumba Cassie			
18:30	Zumba Maria	Yoga Ray		Yoga Ray		

## CROSS-TRAINING & MOBILITY

(LOCATION: FUNCTIONAL ROOM)

	MON	TUE	WED	THU	FRI	SAT
05.45					Cross Training Nathan	
09:30			Cross Training Petra	Cross Training Nathan		
10:30			Mobility 30 Petra			
18:15			Cross Training Mitch	Cross Training Sam		

## CYCLE FITNESS

(LOCATION: UPSTAIRS RPM ROOM)

	MON	TUE	WED	THU	FRI	SAT
05:45	RPM Phil				RPM Phil	
07:45						Cycle Petra
09:00 09:30	<u>9.30AM</u> Cycle Petra		<u>9.00AM</u> Cycle30 Petra			
10:15				Cycle Petra		
18:30		RPM Phil				

## H.I.I.T

(High Intensity Interval Training)  
(LOCATION: FUNCTIONAL ROOM / OUTDOOR RIG)

	MON	TUE	WED	THU	FRI	SAT
05.45			H.I.I.T Phil	H.I.I.T Nathan		
07:00						H.I.I.T Nathan
9:30	H.I.I.T Sam	H.I.I.T Nathan				H.I.I.T Phil
17:30		H.I.I.T Sam				
18:15	H.I.I.T Nathan					

## SENIOR TRAINING

(LOCATION: GROUP FITNESS OR GYM FLOOR)

	MON	TUE	WED	THU	FRI	SAT
08:30	Active Over 50's Sam		Active Over 50's Sam		Active Over 50's Nicole	



**MILLENNIUM**  
HEALTH CLUB

GROUP FITNESS TIMETABLE - May 2021

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