

## GROUP FITNESS

|       | MON                    | TUE                    | WED                   | THU                       | FRI                   | SAT                   | SUN                 |
|-------|------------------------|------------------------|-----------------------|---------------------------|-----------------------|-----------------------|---------------------|
| 06:00 | MXT<br>Martine         | Body Pump<br>Erny      |                       | Booty Barre<br>Martine    | Flow Yoga<br>Marie    |                       |                     |
| 08:00 |                        |                        | Body Balance<br>Erny  |                           | CORE<br>45min<br>Elle | Body Pump<br>Katie    |                     |
| 08:45 | Booty Barre<br>Martine | Pilates<br>Kaye        | Zumba<br>Sara         | Body Pump<br>Erny         | MXT<br>Elle           |                       | Pilates<br>Brittany |
| 09:00 |                        |                        |                       |                           |                       | CORE<br>45min<br>Elle |                     |
| 09:45 | Body Pump<br>Stacey    | MXT<br>Kaye            | CORE<br>30min<br>Elle | Flow Yoga<br>Astrid       | Body Pump<br>Jo       | Body Attack<br>Katie  | Zumba<br>Sara       |
| 10:15 |                        |                        | MXT<br>45min<br>Kaye  |                           |                       |                       |                     |
| 11:00 | Body Balance<br>Erny   | Body Pump<br>Jo        |                       | Pilates<br>Kaye           | Yoga<br>Astrid        | Pilates<br>Jo         | Yin Yoga<br>Rosie   |
| 12:00 |                        |                        | Yoga<br>Astrid        |                           |                       |                       |                     |
| 15:00 |                        |                        |                       |                           |                       | Zumba<br>Kristy       |                     |
| 15:30 |                        |                        |                       |                           |                       |                       | Body Pump<br>Yuko   |
| 16:30 |                        |                        |                       |                           |                       | Yoga<br>Shelagh       |                     |
| 17:30 | Body Pump<br>Katie     | Zumba<br>Kristy        | Pilates<br>Jo         | Yin Yang<br>Yoga<br>Rosie |                       |                       |                     |
| 18.30 | Flow Yoga<br>Rosie     | Booty Barre<br>Martine | MXT<br>45min<br>Dylan | Zumba<br>Sara             | Zumba<br>Alfonso      |                       |                     |
| 19:30 |                        | Pilates<br>Martine     | Body Pump<br>Erny     | Body Balance<br>Erny      | Flow Yoga<br>Rosie    |                       |                     |
| 19.45 | Zumba<br>Alfonso       |                        |                       |                           |                       |                       |                     |
| 20:30 |                        |                        | Yoga<br>Astrid        |                           |                       |                       |                     |

## BOXING ROOM

(Participants required to BYO boxing gloves & pads)

|       | MON              | TUE              | WED                        | THU              | FRI            | SAT              | SUN |
|-------|------------------|------------------|----------------------------|------------------|----------------|------------------|-----|
| 06:00 |                  | H.I.I.T<br>Katie | H.I.I.T<br>Louise          | H.I.I.T<br>Katie | Boxing<br>Kaye |                  |     |
| 06:45 |                  |                  |                            |                  |                | H.I.I.T<br>Sarah |     |
| 08:00 |                  |                  |                            | H.I.I.T<br>Tonu  |                | H.I.I.T<br>Mel   |     |
| 09:00 | H.I.I.T<br>Tori  |                  | H.I.I.T<br>Mel             | H.I.I.T<br>Elle  |                |                  |     |
| 09:45 | H.I.I.T<br>Dylan |                  |                            |                  |                |                  |     |
| 10.00 |                  |                  |                            |                  | Boxing<br>Kaye |                  |     |
| 18:00 |                  | H.I.I.T<br>Katie |                            |                  |                |                  |     |
| 19:00 | Boxing<br>Dylan  |                  | 19:15pm<br>Boxing<br>Dylan |                  |                |                  |     |

## CYCLE FITNESS

(45 MIN CLASS)

|                | MON            | TUE           | WED             | THU           | FRI            | SAT                   | SUN                    |
|----------------|----------------|---------------|-----------------|---------------|----------------|-----------------------|------------------------|
| 06:00          |                | RPM<br>Uldouz | RPM<br>Marie    |               |                |                       |                        |
| 07:45<br>08:00 |                |               |                 |               |                | 7:45AM<br>RPM<br>Elle | 8:00AM<br>RPM<br>Katie |
| 08:45          |                |               | RPM<br>Elle     |               | Cycle<br>Katie | RPM<br>Marie          |                        |
| 10:00          | Cycle<br>Katie |               |                 |               |                |                       |                        |
| 18:00          | RPM<br>Elle    |               |                 | Cycle<br>Yuko |                |                       |                        |
| 18.30          |                | RPM<br>Marie  | Cycle<br>Hayden |               |                |                       |                        |

## SENIORS PROGRAMS

|       | MON                | TUE                       | WED | THU                 | FRI                     | SAT | SUN |
|-------|--------------------|---------------------------|-----|---------------------|-------------------------|-----|-----|
| 08:00 |                    | Active Strength<br>Nathan |     |                     | Active Strength<br>Tori |     |     |
| 12:00 | Get Active<br>Erny |                           |     | Get Active<br>Marie |                         |     |     |

## OPENING HOURS

### HEALTH CLUB HOURS

| DAY       | 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 CLUB / CRECHE HOURS

| DAY       | OPEN   | CLOSE  |
|-----------|--------|--------|
| MONDAY    | 08:00  | 12:00  |
| TUESDAY   | 08:00  | 12:00  |
| WEDNESDAY | 08:00  | 12:00  |
| THURSDAY  | 08:00  | 12:00  |
| FRIDAY    | 08:00  | 12:00  |
| SATURDAY  | 08:00  | 11:30  |
| SUNDAY    | CLOSED | CLOSED |

CLASS BOOKINGS **MUST** BE MADE IN **MINDBODY** (Avl. App Store)

PLEASE CANCEL YOUR BOOKING IF YOU CAN NO LONGER ATTEND.

A BOOKING DOES NOT RESERVE YOUR SPOT AFTER THE CLASS HAS COMMENCED. PLEASE ARRIVE EARLY TO AVOID DISAPPOINTMENT.

## GROUP FITNESS CLASSES

| CLASS NAME         | INTENSITY    | FAT BURN | STRENGTH | TONING | FLEXILITY | CORE | FITNESS | CLASS DESCRIPTION  |
|--------------------|--------------|----------|----------|--------|-----------|------|---------|--|
| ACTIVE STRENGTH    | LOW          |          | ✓        | ✓      |           |      |         | A fully supervised program aimed at improving senior's muscle strength and mobility. Exercises focus on technique for resistance training and education on building and maintaining muscle strength and mobility.        |
| BODY ATTACK        | HIGH         | ✓        | ✓        |        |           |      | ✓       | 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       | LOW          |          | ✓        | ✓      | ✓         | ✓    |         | BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and keeps you centred and calm. Controlled breathing and a carefully structured series of stretches, moves and poses             |
| BODY COMBAT        | MED          | ✓        |          | ✓      |           |      | ✓       | High energy, non contact, martial arts inspired workout. Easy to follow moves inspired by Karate, Boxing, Muay Thai and other Mixed Martial Arts.  |
| BODY PUMP          | MED          | ✓        | ✓        | ✓      |           | ✓    |         | 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. Get lean with THE REP EFFECT™                        |
| BOOTY BARRE        | MED          | ✓        | ✓        | ✓      | ✓         | ✓    | ✓       | Bootybarre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.  |
| BOXING             | HIGH         | ✓        | ✓        | ✓      |           |      | ✓       | Partnered boxing session using gloves and focus pads. Training partner not required as instructor will match you with someone.   |
| CYCLE              | HIGH         | ✓        | ✓        |        |           |      | ✓       | 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 levels and sprint speeds..       |
| FLOW YOGA          | MED          |          | ✓        | ✓      | ✓         |      |         | 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         | LOW          | ✓        |          |        |           |      | ✓       | This class is designed to be a fun way to activate your Cardio, Strength & Balance fitness. Suitable for Senior participants.  |
| H.I.I.T.. (45MINS) | HIGH         | ✓        | ✓        |        |           |      | ✓       | High Intensity Interval Training involves quick, intense bursts of exercise followed by short recovery periods. Burns more fat in less time and increases fitness rapidly. 45min.  |
| LES MILLS CORE     | MED          |          | ✓        | ✓      |           | ✓    |         | LES MILLS CORE™ hones in on the sling muscles that connect your upper and lower body. Ideal for tightening your tummy and butt, improving functional strength & assisting in injury prevention.                          |
| MXT                | HIGH         | ✓        | ✓        | ✓      |           | ✓    | ✓       | Millennium Cross Training: A high intensity, circuit based workout that includes resistance training, sports training & cardio exercises. This class uses fundamental moves like running, squats, lunges and pushups.    |
| PILATES            | MED          |          |          | ✓      |           | ✓    |         | 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                | HIGH         | ✓        | ✓        |        |           |      | ✓       | 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 to build your training level |
| YIN YANG YOGA      | HIGH/<br>LOW |          | ✓        | ✓      | ✓         |      |         | Considered to be intelligent sequencing, Yin Yang yoga blends benefits of active dynamic flow yoga for strength and passive long hold stretches for flexibility. It also include elements of yin yoga and vvasana.       |
| YIN YOGA           | LOW          |          |          | ✓      | ✓         |      |         | 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 regain its full range of motion over time, relieves stress & is a gentle style of yoga.  |
| YOGA               | LOW          |          | ✓        | ✓      | ✓         | ✓    |         | Hatha Yoga incorporates many yoga styles which get your body moving and stretching in all directions. Learn good posture, how to breathe, stretch your limits and find stillness. Suitable for everyone.                 |
| ZUMBA              | MED          | ✓        |          |        |           |      | ✓       | 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!!  |



**MILLENNIUM**  
HEALTH CLUB

**GROUP FITNESS TIMETABLE - 1st March 2021**

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