

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.
PILATES	MED		P	P		P		A mat based class that is a great way to strengthen the lower back and core muscles. Pilates improves posture, mobility, balance and stability.
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 COMBAT	HIGH	P	P			P	P	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	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	Barre Nicole	Barre Nicole
10:30	Core30 Amy-May	Body Balance Nicole	Yoga Ray		Body Pump Kylie	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	9.30AM Cycle Petra		9.00AM 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 - January 2022

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