

GROUP FITNESS CLASSES

CLASS NAME	INTENSITY	FAT BURN	STRENGTH	TONING	FLEXIBILITY	CORE	FITNESS	CLASS DESCRIPTION
ACTIVE OVER 50'S	LOW	✓	✓	✓			✓	Specifically designed for older adults, this class incorporates both resistance and aerobic exercises using a variety of equipment to improve cardiovascular fitness, strength, balance and co-ordination. NOTE: Zumba Gold is on every second Wednesday each month, check in club for dates.
BARRE	MED	✓		✓		✓		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.
BODY BALANCE	LOW		✓	✓	✓	✓		Yoga moves with elements of Tai Chi and Pilates. Breathing control is a part of all the exercises.
BODYCOMBAT	HIGH	✓		✓		✓	✓	High energy, non contact, martial arts inspired workout. Easy to follow moves inspired by Karate, boxing, Muay Thai and other Mixed Martial Arts.
BODYPUMP	MED	✓	✓	✓		✓		Using light -moderate weights with lots of repetition to give you a full body workout.
BOOTY XPRESS	MED			✓				A dynamic 30min class targeting your legs and glutes. Feel the burn with specialised exercises specifically designed to strengthen, tone and sculpt your booty!
CORE XPRESS	MED		✓	✓		✓		A medium intensity core workout that targets your abs, obliques and lower back. Build resilience and strength in 30 minutes.
CROSS TRAINING	HIGH	✓	✓	✓		✓	✓	Constantly varied functional movements performed at medium to high intensity. Includes weight lifting and Olympic lift fundamentals and technique.
CYCLE	HIGH	✓	✓	✓			✓	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	✓		✓		✓	✓	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	✓		✓	✓	✓	✓	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		✓	✓		✓		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.
MOBILITY30	LOW				✓			30min Class improving movement mechanics to optimize athletic performance and aid in injury prevention. Improves flexibility, recovery and range of motion.
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	✓	✓	✓			✓	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.
YIN-YOGA	LOW			✓	✓			Yin yoga opens up tightly knit fascial tissues using 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 restorative yoga .
YOGA	LOW		✓	✓	✓	✓		Varied Yoga styles incorporated to aid good posture, breathing techniques, flexibility and meditation. 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!

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

Please call 4392 5536 or see Reception for Creche bookings

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		Core Xpress Nathan 30min		
09:30	Body Pump Lizzie	DanceFit Nicole	Body Pump Kylie	Booty Xpress Sam 30min	Barre Nicole	Barre Nicole
10:30	Yin-Yoga Ray	Body Balance Nicole				Body Balance Nicole
17:30	Yoga Amy	Pilates Debbie	Les Mills Core Kylie 30min	Body Pump Kylie		
18:00			Zumba Cassie		Zumba Cassie	
18:30	Zumba Justine	Body Combat Meg		Body Balance Nicole		

CROSS-TRAINING & MOBILITY

(LOCATION: FUNCTIONAL ROOM)

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

CYCLE FITNESS

(LOCATION: UPSTAIRS CYCLE ROOM)

	MON	TUE	WED	THU	FRI	SAT
05:45	RPM Phil 45mins				RPM Phil 45mins	
07:45						Cycle Petra 45mins
09:00 09:30	9.30AM Cycle Petra 45mins		9.00AM Cycle30 Petra 30mins	9.30AM Cycle Petra 60mins		
18:00		RPM Phil 45mins				

H.I.I.T

(High Intensity Interval Training)

(LOCATION: FUNCTIONAL ROOM OR OUTDOOR RIG)

	MON	TUE	WED	THU	FRI	SAT
05.45			H.I.I.T Phil	H.I.I.T Nathan		
07:00						Outdoor H.I.I.T Hannah
09:30	H.I.I.T Sam	H.I.I.T Sam				H.I.I.T Phil
17:30		H.I.I.T Sam				
18:15	H.I.I.T Sam					

SENIOR TRAINING

(LOCATION: UPSTAIRS GROUP FITNESS ROOM)

	MON	TUE	WED	THU	FRI	SAT
08:00		Active Over 50's Nicole		Active Over 50's Sam		
08:30	Active Over 50's Sam		Active Over 50's Sam		Active Over 50's Nicole	



MILLENNIUM
HEALTH CLUB

GROUP FITNESS TIMETABLE - March 2024

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