

## GROUP FITNESS

	MON	TUE	WED	THU	FRI	SAT	SUN
06:00	MXT Martine	Body Pump Erny		Booty Barre Martine	Flow Yoga Marie		
08:00			Body Balance Erny		CORE 45min Elle	Body Pump Katie	
08:45	Booty Barre Martine	Pilates Kaye	Zumba Kristy	Body Pump Erny	MXT Elle		Pilates Olga
09:00						CORE 45min Elle	
09:45	Body Pump Jo	MXT Kaye	CORE 30min Elle	Flow Yoga Astrid	Body Pump Yuko	Body Attack Katie	Zumba Georgia
10:15			MXT 45min Kaye				
11:00	Pilates Martine	Body Pump Jo		Pilates Kaye	Yoga Astrid	Pilates Jo	Yin Yoga Pontus
12:00			Yoga Astrid				
15:00							
15:30						Zumba Mark	Body Pump Yuko
16:30						Yoga Shelagh	
17:30	Body Pump Katie	Zumba Kristy	Pilates Jo	Yoga Marie			
18:30	Flow Yoga Patrice	Booty Barre Martine	Zumba Mark	Hip Hop Mark	Zumba Alfonso		
19:30		Pilates Martine	Body Pump Erny	Body Balance Erny	Flow Yoga Pontus		
19:45	Zumba Alfonso						
20:30			Yoga Astrid				

## BOXING ROOM

(Participants required to BYO boxing gloves & pads)

	MON	TUE	WED	THU	FRI	SAT	SUN
06:00		H.I.I.T Katie	H.I.I.T Katie	H.I.I.T Katie	H.I.I.T Kaye		
06:45						H.I.I.T Sarah	
08:00						H.I.I.T Mel	
09:00	H.I.I.T Mel		H.I.I.T Tori	H.I.I.T Elle			
09:45							
10:00					Boxing Kaye		
18:00		H.I.I.T Katie	6.30 H.I.I.T Dylan				
19:00	Boxing Dylan		19:15pm Boxing Dylan				

## CYCLE FITNESS

(45 MIN CLASS)

	MON	TUE	WED	THU	FRI	SAT	SUN
06:00		RPM Uldouz	RPM Marie				
07:45 08:00						7:45AM RPM Elle	8:00AM RPM Katie
08:45			RPM Elle		Cycle Yuko		
09:00	Cycle Katie						
18:00	RPM Elle			RPM Katie			
18:30		RPM Marie					

## SENIORS PROGRAMS

	MON	TUE	WED	THU	FRI	SAT	SUN
08:00		Active Strength Nathan			Active Strength Tori		
12:00	Get Active Erny			Get Active 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 PROTOCOL

PLEASE BRING A WATER BOTTLE AND A TOWEL.

THERE WILL BE NO ENTRY FOR PARTICIPANTS WHO ARE MORE THAN 10 MINUTES LATE.

## 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 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.
HIP HOP	HIGH	✓		✓			✓	An exciting dance based class, Hip-hop incorporates aspects of modern dance, tap, and swing, integrating music and complex movements to form a fun and exciting class to get you in the groove.
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/ 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 svasana.
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**

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