

NCIE FITNESS CENTRE

GROUP FITNESS TIMETABLE

Nov 2017 - Jan 2018



NATIONAL CENTRE OF
INDIGENOUS EXCELLENCE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

GROUP FITNESS ROOM

| | | | | | | |
|---------|------------------------|----------------|----------------|----------------|-------------------|--------------------------------|
| 6:15am | | BoxFit (45) | | | Yogalates (60) | |
| 6:30am | Body Pump (45) | | Body Pump (45) | | | |
| 8:30am | | | | | Body Pump (60) | |
| 9:30am | Yoga (60) (Dynamic) | | Yoga (60) | | YAH Strength (45) | Pilates (60) (9:40am start) |
| 11:00am | | | | | | Yoga (60) |
| 6:00pm | HIIT 1 (30) | Zumba (60) | Yoga (60) | Pilates (60) | | |
| 6:30pm | HIIT 2 (30) | | | | | |
| 7:00pm | Yogalates (60) | Body Pump (60) | HIIT (45) | Body Pump (60) | Yoga (60) | |

THE PIT/OUTDOOR (weather permitting)

| | | | | | | |
|---------|--------------|------------------|------------------|-------------------|--------------|--|
| 7:00am | | Warrior (45)* | | Warrior (45)* | | |
| 8:15am | | | | | Warrior (60) | |
| 12:00pm | Warrior (45) | Boxfit (45) | Cross-Train (45) | Boxfit (45) | Warrior (45) | |
| 6:00pm | Warrior (45) | Cross-Train (60) | Warrior (45) | Cross- Train (60) | | |

UPSTAIRS GYM (small group max 10 people)

| | | | | | | |
|--------|------------|-----------|--------------|--------------|-----------|--|
| 6:15am | HIIT (45) | | Warrior (45) | Warrior (45) | HIIT (45) | |
| 6:00pm | | HIIT (45) | | | | |
| 7:00pm | HIIT (45)* | | | | | |

POOL

| | | | | | | |
|---------|----------------------------------|---------------|------------------|---------------|---------------|--|
| 7:00am | | Swim Fit (60) | | Swim Fit (60) | | |
| 8:05am | | | | | Swim Fit (60) | |
| 9:15am | | YAH Aqua (45) | | | | |
| 9:30am | | | | Aqua Fit (45) | | |
| 11:00am | | | | | Aqua Fit (45) | |
| 12:00pm | Aqua Fins (30)** | | Aqua Fins (30)** | | Swim Fit (60) | |
| 6:00pm | Aqua Fit (45) & Swim Fit (60) | | Swim Fit (60) | Aqua Fit (45) | | |

CYCLE STUDIO

| | | | | | | |
|---------|------------|-----------|--|-----------|--|-----------|
| 6:15am | Spin (45)* | | | Spin (45) | | |
| 10:15am | | | | | | Spin (45) |
| 6:00pm | | Spin (45) | | | | |

* Class under review and may be changed or removed if attendance remains low. ** Class has special requirement please see staff at reception for details

Opening Hours: 6am-9pm weekdays: 8am-6pm Saturday: 10am-6pm Sunday

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| | |
|----------------------------|---|
| AQUA FINS | Aqua Fins is a great non-weight bearing, strength building class structured to target the large muscle groups of the legs and abdomen. This class may be suitable for those who have conditions with their knees, hips or back but is also suitable for those who consider themselves 'fit' and look to complement the weight-bearing exercise they do. Participants must bring their own pair of flippers. |
| AQUA FIT | Aqua aerobics was so yesterday, Aqua Fit is the new, fun way to get fit in the water. Traditional to innovative aqua based exercises using water for resistance, increasing strength and general fitness. Aqua Fit is a low impact, high intensity exercise which is great for joint strength and can assist in weight loss. |
| BODY PUMP | The ultimate weight training workout to music challenges all of your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls. Tones muscle, improves strength and reduces body fat. |
| BOXFIT | This is an engaging, challenging workout designed to develop your boxing skills and increase overall fitness. These sessions will reward you with increased strength, muscle tone, cardiovascular fitness, coordination, and burn away excess body fat. |
| CROSS TRAIN | Learn to train in all components of fitness effectively in an engaging environment. Learn correct movement patterns and other skills to take your training to the next level. Cross training is great for enhancing weight loss and improving total fitness. Suitable for all levels of fitness |
| DYNAMIC BARRE | An exciting, dynamic workout designed to tone your entire body, creating longer and leaner muscles. Ballet and Pilates inspired exercises combined with a cardio workout method means that you will be fat burning both during the class and for hours after your workout. |
| HIIT | High intensity interval training (HIIT) has quickly become the preferred method for achieving results, fast! Come to these classes expecting to train your strength and cardiorespiratory systems, alternating hard work intervals with active recovery. You'll burn tonnes of energy and improve your ability to train harder for longer! |
| PILATES | Pilates teaches you body control and develops strength and flexibility. You'll focus on alignment, positioning and stability by activating and engaging the deeper core and trunk muscles to stretch and strengthen your whole body. A rewarding class that can help relieve back problems. |
| SPIN | An indoor cycling class based on outdoor riding. A challenging workout of various terrains and intervals set to motivating music. Take the lead from the instructor and then set your own resistance, speed and pace. Great cardio respiratory workout that will strengthen the lower body and core, burn calories and increase fitness. Suitable for all levels of fitness. |
| SWIM FIT | Improve your swimming technique while getting fit in this class designed around building your aerobic capacity and core muscles. |
| WARRIOR | Warrior training is a functional strength and conditioning program that combines dynamic functional movements and body awareness that challenges the way you train. Each workout is never the same so if you are looking for an ultimate workout that uses non-conventional equipment such as ropes, tyres, sleds and medicine balls then Warrior is for you. Suitable for all fitness levels. |
| YOGA | Using a combination of traditional and innovative Yoga styles, this class focuses on flexibility, joint alignment, and breathing techniques to calm the mind and ease the body. Stances range from easy to flowing and dynamic poses. Suitable for all levels of yoga experience. |
| YOGA-LATES | Yogalates is a mix of Yoga and Pilates. It's based on a yoga sequence but includes more dynamic movements to strengthen the muscles. Suitable for all levels of fitness. |
| YAH: YOUNG AT HEART | A class specifically designed for over 50's which involves low-impact cardiovascular and strength activities. Stay active and in the prime of your life by improving bone density, balance, muscular strength and coordination. |
| ZUMBA | Ditch the workout! Join the party! Loaded with red hot dance steps, pulsating Latin rhythms and easy-to-follow routines, this invigorating dance fitness 'party' will increase your fitness, coordination, core strength and muscle tone! |

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