

NCIE FITNESS CENTRE

GROUP FITNESS TIMETABLE *Winter 2019*



NATIONAL CENTRE OF
INDIGENOUS EXCELLENCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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GROUP FITNESS ZONE (upstairs)

6:10am		Pilates (60)		Yoga (60) (Dynamic)		
6:30am	Body Pump (45)		Body Pump (45)			
8:30am					Body Pump (60)	
9:30am	Yoga (60) (Dynamic)		Yoga (60)		Pilates (50) (9:40am start)	
10:30am			Pilates (45)			
11:00am						Yoga (60)
12:00pm			Yoga (60) (Dynamic)			
6:00pm		Body Pump (60)	Yoga (60)	Pilates (60)		
7:00pm	Yoga (60) (Dynamic)	Body Pump (60)		Body Pump (60)	Yoga (60)	

MULTIPURPOSE ZONE (downstairs)

6:10am	Cross45	Box45	Total45	Warrior45	Cross45	
7:00am	Cross45	Box45	Total45	Warrior45	Cross45	
8:15am					Warrior60	
9:30am			YAH Strength (45)		YAH Strength (45)	
10:00am	Mums & Bubs (60)				Mums & Bubs (60)	
12:00pm	Cross60	Box60	Strength60	Total60	Warrior60	
6:00pm	Pre-Workout (15)	Pre-Workout (15)	Pre-Workout (15)			
6:15pm	Total45	Cross45	Box45			
7:00pm	Total45	Cross45	Box45	Warrior45		

POOL

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

SPIN ZONE (downstairs)

6:15am	Spin (45)			Spin (45)		
10:15am						Spin (45)
6:00pm		Spin (45)				

* Class has special requirement please see staff at reception for details

Class locations may change. Please check with fitness reception for updates.

The PIT open for training 7am-6pm weekdays.

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AQUA FINS*	Aqua Fins is a 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 want to complement their weight-bearing exercises. Participants must bring their own pair of flippers.
AQUA FIT	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.
BOX 45/60	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 45/60	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
HIIT45	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!
MUMS & BUBS	A challenging workout in a supportive group environment. Class content generally includes a mix of cardio and fundamental strength based exercises in a circuit format. This is a supervised group program. Please see reception or the trainer about enrolling in this class.
PRE-WORK-OUT	This is a 15 min class based around mobility and foam rolling. Trainers will also go through exercise correction for those who need it. It is beneficial to help understand how to get your body prepared for exercise and will aid in injury prevention.
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.
STRENGTH 60	Improve your squat and bench press! This class will help you learn how to use weights correctly while also improving strength. Strength training helps with fat loss, toning up and helps with joint stabilisation.
SWIM FIT	Improve your swimming technique while getting fit in this class designed around building your aerobic capacity and core muscles.
TOTAL 45/60	You'll be sure to develop a healthy love/hate relationship with our Total class! Total combines the best of boxing, compound strength training, and cardiorespiratory conditioning. You'll continue to develop your knowledge of movement and exercise, and really learn how hard you can push yourself.
WARRIOR 45/60	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 styles, this class focuses on flexibility, joint alignment and breathing techniques to calm the mind and ease the body. It incorporates flowing and dynamic poses and is suitable for all levels of yoga experience.
YOGA (Dynamic)	A higher intensity yoga class that includes strong movements and creative flows that will energise and challenge your practice to inspire you both physically and mentally. Classes vary in focus and pace. All levels are welcome.
YAH (YOUNG AT HEART)	Strength & Aqua classes 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.

* Class has special requirement please see staff at reception for details

Opening Hours | Monday to Friday: 6am to 9pm | **Saturday:** 8am to 6pm | **Sunday:** 10am to 6pm