



GROUP FITNESS TIMETABLE WINTER 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP FITNESS ZONE (upstairs)							
6:15am		Yoga (60)		Spin (45)			
6:30am	Body Pump (45)		Body Pump (45)				
9:30am				Pilates (45)		Pilates (60) Starts 9:45am	
10:15am							Spin (45)
11:30am							Yoga (60)
12:00pm			Freestyle (45)				
5:30pm					Freestyle (45)		
6:00pm		Body Pump (60)	Yoga (60)	Body Pump (60)			
7:00pm	Yoga (60)						

MULTIPURPOSE ZONE (downstairs)							
6:15am	Cross (45)	HIIT (45)	Cross (45)	HIIT (45)	Cross (45)		
7:15am	Cross (45)	HIIT (45)	Cross (45)	HIIT (45)	Cross (45)		
8:15am						Cross (60)	
9:30am	Sisters & Aunties (45)	YAH Strength (45)	Sisters & Aunties (45)		Sisters & Aunties (45)	HIIT (45)	
12:00pm	Cross (45)				HIIT (45)		
5:30pm	HIIT (45)		HIIT (45)				
6:00pm					HIIT (45)		
6:30pm	HIIT (45)	Cross (45)	HIIT (45)	Cross (45)			

POOL							
7:00am		Swim Fit (60)		Swim Fit (60)			
9:30am						Aqua Fit (45)	
10:30am				YAH Aqua (45)			
6:00pm	Aqua Fit (45)		Aqua Fit (45)				

VIRTUAL FITNESS CLASSES							
8:15am	HIIT (45)	Strength (45)	HIIT (45)	Strength (45)	HIIT (45)		

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

NCIE FITNESS CENTRE

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NATIONAL CENTRE OF
INDIGENOUS EXCELLENCE

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.
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
FREESTYLE	A resistance training inspired workout combining both compound and isolated strength exercises. Classes will have you sweating through body weight and free weight movements structured in a way that will test your muscular endurance and ability to recover on the go.
SISTERS & AUNTIES	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.
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.

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