

NCIE FITNESS

GROUP FITNESS TIMETABLE AUTUMN 2021



NATIONAL CENTRE OF
INDIGENOUS EXCELLENCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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GROUP FITNESS ZONE (upstairs)						
6:15am	Yoga (60)	Yoga (60)	Body Pump (45)	Spin (45)		
8:15am					Body Pump (60)	
9:30am			Pilates (45)			
9:45am					Pilates (60)	
10:15am						Spin (45)
11:30am						Yoga (60)
5:45pm	Body Pump (45)					
6:00pm		Body Pump (60)	Yoga (60)	Body Pump (60)		
7:00pm	Yoga (60)					

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

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



= MyZone activated area, bring your MyZone belt to track your workouts. Class locations may change. Please check with fitness reception for updates.

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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
HIIT	High intensity interval training (HIIT) is the preferred method for achieving results, fast! Train your strength and cardiorespiratory systems by alternating hard work intervals with active recovery. You'll burn tonnes of energy and improve your ability to train harder for longer.
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.
STRENGTH	This class will help you learn how to use weights correctly while also improving strength. Strength training helps with fat loss, toning up and joint stabilisation.
SWIM FIT	Improve your swimming technique while getting fit in this class designed around building your aerobic capacity and core muscles.
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.
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.

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