


































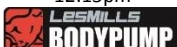












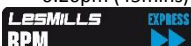
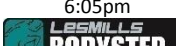























Monday 7/1 6.00am-9.00pm	Tuesday 8/1 6.00am-9.00pm	Wednesday 9/1 6.00am-9.00pm	Thursday 10/1 6.00am-9.00pm	Friday 11/1 6.00am-7.30pm	Saturday 12/1 8.00am-6.00pm	Sunday 13/1 8.00am-6.00pm
 6:10am SPIN Trish	6:10am  <b>BODYPUMP</b> Anna-Maria	6:10am  <b>BODYCOMBAT</b> Michelle C	 6:10am SPIN Michelle C	6:10am  <b>BODYPUMP</b> Lisa B	 8:10am SPIN Trish	8:10am  <b>BODYCOMBAT</b> Lisa B
6:15am Deep Water Aqua Lisa T	 7:10am <b>Max Functional Training</b> Nadine D	6:15am Deep Water Aqua Hannah	 7:10am <b>MAT PILATES</b> Daniela	6:15am Deep Water Aqua Hannah	9:10am  <b>CXWORX</b> Nadine H	10:10am  <b>BODYPUMP</b> Nadine H
 7:10am <b>MAT PILATES</b> Daniela				7:10am  <b>BODYBALANCE</b> Hannah	9:45am  <b>BODYCOMBAT</b> Michelle C	
 8:15am SENIOR CIRCUIT Danielle	8:30am <b>Shallow Water Aqua TABATA</b> Cindy	 8:15am SENIOR CIRCUIT Cindy	8:30am Shallow Water Aqua Lisa T	 8:15am SENIOR CIRCUIT Lisa T	 11:00am <b>MAT PILATES</b> Daniela	 4:00pm YOGA Mel
9:30am Deep Water Aqua Lisa T	9:30am <b>Deep Water Aqua TABATA</b> Cindy	9:30am Deep Water Aqua Cindy	9:30am Deep Water Aqua Lisa T	9:30am Deep Water Aqua Lisa T	12:00pm <b>ATHLETIC</b>  <b>BODYSTEP</b> Hannah	
9:30am  <b>BODYPUMP</b> Anna-Maria	9:30am  <b>RPM</b> Anna-Maria	9:30am  <b>BODYPUMP</b> Nadine H	9:30am  <b>GRIT STRENGTH</b> Anna-Maria	9:30am  <b>BODYSTEP</b> Anna-Maria	4:00pm  <b>BODYPUMP</b> Tanya	
10:35am  <b>RPM</b> Yvette	10:35am  <b>BODYBALANCE</b> Hannah	 10:35am YOGA Mel	10:05am  <b>CXWORX</b> Danielle	10:35am  <b>RPM</b> Nadine H		
12:15pm  <b>GRIT STRENGTH</b> Anna-Maria	12:15pm  <b>CXWORX</b> Danielle	12:15pm  <b>GRIT PLYO</b> Danielle	 12:15pm <b>MAT PILATES</b> Daniela	12:15pm  <b>BODYPUMP</b> Nadine H		
				1:15pm  <b>GRIT PLYO</b> Anna-Maria		
4:30pm  <b>BODYSTEP</b> Lisa B	4:30pm  <b>BODYCOMBAT</b> Michelle G	4:30pm  <b>BODYPUMP</b> Tanya	 4:30pm SPIN Michelle G	 4:30pm YOGA Nadine D		
5:30pm  <b>BODYPUMP</b> Tanya	5:30pm (45mins)  <b>BODYATTACK</b> Nadia	 5:35pm <b>Max Fuctional Training</b> Lisa B	5:30pm  <b>CXWORX</b> Rachel	5:30pm  <b>BODYCOMBAT</b> Tanya		
 6:35pm <b>Cardio HIIT</b> Zane	6:20pm (45mins)  <b>RPM EXPRESS</b> Emma-Jean		6:05pm  <b>BODYSTEP</b> Hannah			
7:10pm  <b>BODYBALANCE</b> Emma-Jean	6:15pm Deep Water Aqua Hannah	6:25pm (45 Mins)  <b>TRX</b> Suspension Training Zane	6:15pm Deep Water Aqua Tanya			
	6:15pm Shallow Water Aqua Tanya	6:15pm <b>MAT PILATES</b> Kevin	 7:10pm <b>Max Functional Training</b> Nadia			
	 7:10pm <b>FREETYLE BAR</b> Nadia					



Doone Kennedy  
**HOBART  
 AQUATIC  
 CENTRE**

**GROUP FITNESS TIMETABLE**  
 WEEK ENDING 13<sup>th</sup> January 2019  
 @the.hobart.aquatic.centre



CLASS NAME	DURATION	CLASS DESCRIPTION			
	30 Mins	CXWORX® is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body. CXWORX® will leave you looking good and feeling strong.			
	30 Mins				GRIT™ is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super fast. The short sharp demanding exercises combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.
	55 Mins	BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it... eventually.			
	45 Mins		30 Mins	RPM™ is a 30-45 minute indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.	
	55 Mins		45 Mins	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. Go from the weekend athlete to the hardcore competitor.	
	55 Mins		45 Mins	BODYPUMP® is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!	
	55 Mins		45 Mins	BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.	
	55 Mins	BODYCOMBAT* is the energising workout that will get you punching and kicking your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. It will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.			
	45 Mins	Using a suspension trainer to adapt a range of bodyweight exercises to suit your fitness and strength in an interval style class working all your major muscle groups. This class is great for building strength, in particular core strength. Suitable for all levels of fitness and ability.			
SPIN	55 Mins	Stationary Indoor cycling work-out designed to increase cardiovascular fitness and endurance, burn fat and tone the legs and butt.			
MAXIMUM FUNCTIONAL TRAINING- MFT	45 Mins	Want to work hard, smart and get results? MFT is for you. Using a variety of equipment such as Battle ropes, Kettlebells, TRX trainers, Bosus, free weights and other functional equipment guaranteed to work you hard. Maximum challenge, Maximum Functionality, Maximum results all done in 45 minutes.			
CARDIO HIIT	30 Mins	Want to work up a sweat? Cardio HIIT is a high intensity interval based class designed to work you hard, get you fitter, faster, stronger while improving your endurance, agility, power and metabolic rate.			
MAT PILATES	55 Mins	Pilates will enhance postural alignment, coordination, and flexibility while strengthening your whole body from head to toe.			
YOGA	55 Mins	Lengthen, strengthen, and rejuvenate your body, mind, and spirit with a combination of traditional Hatha, Vinyasa, and Yin Yoga. You will walk away feeling restored and released. Suitable for beginners through to advanced.			
SENIOR CIRCUIT	55 Mins	A class designed for older adults. Mixing some easy-going aerobic style exercises with functional training to keep you fit and strong and improve bone density.			
*Red Flags		We are now operating a system whereby classes with low attendance will be highlighted by a red flag on the roster. This flag is designed to generate new support for the class and to boost attendances, giving members the opportunity to keep the classes they truly enjoy. Where attendances remain under 30% of capacity for a 6 week period, classes may be removed, or formats changed. We welcome suggestions for changes or new formats for the replacement classes. Feedback can be delivered in person to the gym staff or by email to dkhac@hobartcity.com.au			
DEEP WATER AQUA	45 Mins	Wear a flotation belt and work as hard as you can. Includes use of noodles and aqua dumbbells for a variety of exercises. Suitable for athletes, general population and rehabilitation. No impact.			
SHALLOW WATER AQUA		A shallow water class conducted in our 25m pool which ranges from 1m – 1.4m deep. Includes use of noodles and aqua dumbbells for a variety of exercises. Suitable for all ages and fitness levels. Light impact is involved in this class.			
TABATA AQUA		Tabata is a form of Interval Training designed to help increase endurance, performance and general fitness of your aerobic and anaerobic systems. Typically the intervals last for 4 minutes at a time broken down into 8 blocks of 20 seconds work- 10 seconds rest. All fitness levels are welcome.			

