







































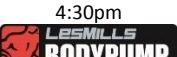










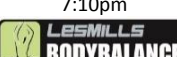





















Monday 15/10 6am-9pm	Tuesday 16/10 6am-9pm	Wednesday 17/10 6am-9pm	Thursday 18/10 6am-9pm	Friday 19/10 6am-7.30pm	Saturday 20/10 8am-6.00pm	Sunday 21/10 8am-6.00pm
 6:10am SPIN Trish	 6:10am Anna-Maria	 6:10am Michelle C	 6:10am SPIN Michelle C	 6:10am Tanya	 8:10am SPIN Trish	 8:10am Lisa B
	 6:10am BOXING Lisa B				9:10am Deep Water Aqua Lisa T	 9:10am SPIN Tanya
6:15am Deep Water Aqua Anna-Maria	 7:10am <b>LES MILLS CXWORX</b> Rachel	6:15am Deep Water Aqua Lisa T	 7:10am MAT PILATES Daniela	6:15am Deep Water Aqua Anna-Maria	9:10am <b>LES MILLS CXWORX</b> Nadine H	 10:10am <b>LES MILLS BODYPUMP</b> Nadine H
 7:10am MAT PILATES Daniela				 7:10am <b>LES MILLS BODYBALANCE</b> Anna-Maria	 9:45am <b>LES MILLS BODYCOMBAT</b> Michelle C	 11:15am <b>LES MILLS CXWORX</b> Nadine H
 8:15am SENIOR CIRCUIT Danielle	8:30am Shallow Water Aqua Danielle	 8:15am SENIOR CIRCUIT Cindy	8:30am Shallow Water Aqua Cindy	 8:15am SENIOR CIRCUIT Hannah	 11:00am MAT PILATES Daniela	 4:00pm YOGA Mel
9:30am Deep Water Aqua Danielle	9:30am Deep Water Aqua Hannah	9:30am Deep Water Aqua Cindy	9:30am Deep Water Aqua Cindy	9:30am Deep Water Aqua Anna-Maria	 4:00pm <b>LES MILLS BODYPUMP</b> Michelle G	
 9:30am <b>LES MILLS BODYPUMP</b> Anna-Maria	 9:30am <b>LES MILLS RPM</b> Yvette	 9:30am <b>LES MILLS BODYPUMP</b> Nadine H	 9:30am <b>LES MILLS GRIT STRENGTH</b> Yvette	 9:30am <b>LES MILLS BODYSTEP</b> Hannah		
 10:35am SPIN Cindy	 10:35am <b>LES MILLS BODYBALANCE</b> Hannah	 10:35am YOGA Mel	 10:05am <b>LES MILLS CXWORX</b> Yvette	 10:35am <b>LES MILLS RPM</b> Nadine H		
 12:15pm <b>LES MILLS GRIT STRENGTH</b> Anna-Maria	 12:15pm <b>LES MILLS CXWORX</b> Danielle	 12:15pm <b>LES MILLS GRIT PLYO</b> N/A This week	 12:15pm MAT PILATES Daniela	 12:15pm <b>LES MILLS BODYPUMP</b> Nadine H		
				 1:15pm <b>LES MILLS GRIT PLYO</b> Anna-Maria		
 4:30pm <b>LES MILLS BODYSTEP</b> Lisa B	 4:30pm <b>LES MILLS BODYCOMBAT</b> Michelle G	 4:30pm <b>LES MILLS BODYPUMP</b> Michelle G	 4:30pm <b>LES MILLS RPM</b> Nadine H	 4:30pm YOGA Mel		
 5:30pm <b>LES MILLS BODYPUMP</b> Lisa B	 5:30pm (45mins) <b>LES MILLS BODYPUMP</b> Michelle G		 5:30pm <b>LES MILLS CXWORX</b> Rachel	 5:30pm <b>LES MILLS BODYCOMBAT</b> Tanya		
 6:35pm Cardio HIIT Lisa T	 6:20pm (45mins) <b>LES MILLS RPM</b> Emma-Jean	 5:35pm <b>LES MILLS GRIT STRENGTH</b> Nadine	 6:05pm <b>LES MILLS BODYSTEP</b> Hannah			
 7:10pm <b>LES MILLS BODYBALANCE</b> Emma-Jean	6:15pm Deep Water Aqua Hannah	 6:10pm MAT PILATES Daniela	6:15pm Deep Water Aqua Lisa T			
	 7:10pm Max Fuctional Training Zane	 7:15pm (45mins) <b>TRX</b> Suspension Training Zane	 7:10pm <b>LES MILLS BODYBALANCE</b> Hannah			



Doone Kennedy  
**HOBART AQUATIC CENTRE**

**GROUP FITNESS TIMETABLE**  
WEEK ENDING 21<sup>st</sup> October 2018  
@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.			
<b>SPIN</b>	55 Mins	Stationary Indoor cycling work-out designed to increase cardiovascular fitness and endurance, burn fat and tone the legs and butt.			
<b>MAXIMUM FUNCTIONAL TRAINING- MFT</b>	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.			
<b>CARDIO HIIT</b>	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.			
<b>MAT PILATES</b>	55 Mins	Pilates will enhance postural alignment, coordination, and flexibility while strengthening your whole body from head to toe.			
<b>YOGA</b>	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.			
<b>SENIOR CIRCUIT</b>	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.			
<b>*Red Flags</b>		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 <a href="mailto:dkhac@hobartcity.com.au">dkhac@hobartcity.com.au</a>			
<b>DEEP WATER AQUA</b>	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.			
<b>SHALLOW WATER AQUA</b>		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.			