








































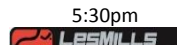
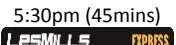


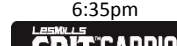

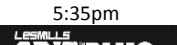

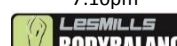

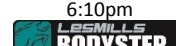

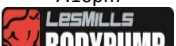


























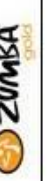











Monday 25/6 6am-9pm	Tuesday 26/6 6am-9pm	Wednesday 27/6 6am-9pm	Thursday 28/6 6am-9pm	Friday 29/6 6am-7.30pm	Saturday 30/6 8am-6.00pm	Sunday 1/7 8am-6.00pm
 6:10am SPIN Trish	 6:10am LESMILLS BODYPUMP Lisa B	6:10am  LESMILLS BODYCOMBAT Michelle C	 6:10am SPIN Michelle C	6:10am  LESMILLS BODYPUMP Tanya	8:10am  LESMILLS RPM Nadine	8:10am  LESMILLS BODYCOMBAT Trish
6:15am Deep Water Aqua Anna-Maria	7:10am  LESMILLS CXWORX Rachel	6:15am Deep Water Aqua Hannah	7:10am MAT PILATES Daniela	6:15am Deep Water Aqua Anna-Maria	9:10am  LESMILLS CXWORX Nadine	10:10am  LESMILLS BODYPUMP Lisa B
 7:10am MAT PILATES Daniela		7:10am  LESMILLS GRIT CARDIO Lisa B		7:10am  LESMILLS BODYBALANCE Hannah	9:45am  LESMILLS BODYCOMBAT Michelle C	11:15am  LESMILLS BODYSTEP Lisa B
8:15am  SENIOR CIRCUIT Lisa T	8:30am Shallow Water Aqua Hannah	8:15am  SENIOR CIRCUIT Hannah	8:30am Shallow Water Aqua Hannah	8:15am  ZUMBA gold Nadia	 11:00am MAT PILATES Daniela	4:00pm  LESMILLS BODYBALANCE Hannah
9:30am Deep Water Aqua Hannah	9:30am Deep Water Aqua Hannah	9:30am Deep Water Aqua Anna-Maria	9:30am Deep Water Aqua Hannah	9:30am Deep Water Aqua Tanya	 12:00pm BOXING Nadia	
 9:30am LESMILLS BODYPUMP Anna-Maria	 9:30am LESMILLS RPM Yvette	 9:30am LESMILLS BODYPUMP Nadine	 9:30am LESMILLS GRIT STRENGTH Anna-Maria	 9:30am LESMILLS BODYSTEP Anna-Maria	 4:00pm LESMILLS BODYPUMP Michelle G	
 10:35am LESMILLS RPM Yvette	 10:35am LESMILLS BODYBALANCE Hannah	 10:35am YOGA Kelliann	10:05am  LESMILLS CXWORX Danielle	10:35am  LESMILLS RPM Nadine		
12:15pm  LESMILLS GRIT STRENGTH Anna-Maria	12:15pm  LESMILLS CXWORX Anna-Maria	12:15pm  LESMILLS GRIT PLYO Anna-Maria	12:15pm MAT PILATES Daniela	12:15pm  LESMILLS BODYPUMP Nadine		
4:30pm  LESMILLS BODYSTEP Lisa B	4:30pm  LESMILLS BODYCOMBAT Michelle G	 12:45pm BOXING Nadine	 4:30pm SPEED SPIN Kelliann	 4:30pm YOGA Kelliann		
5:30pm  LESMILLS BODYPUMP Michelle G	5:30pm (45mins)  LESMILLS BODYATTACK EXPRESS Pru	4:30pm  LESMILLS BODYPUMP Tanya	5:05pm  LESMILLS GRIT STRENGTH Nadine			
6:35pm  LESMILLS GRIT CARDIO Nadia	6:20pm (45mins)  LESMILLS RPM EXPRESS Emma-Jean	5:35pm  LESMILLS GRIT PLYO Danielle	5:35pm  LESMILLS CXWORX Nadia			
7:10pm  LESMILLS BODYBALANCE Hannah	6:15pm Deep Water Aqua Tanya	 6:10pm MAT PILATES Daniela	6:10pm  LESMILLS BODYSTEP Hannah	5:30pm  LESMILLS BODYCOMBAT Michelle G		
	7:10pm  LESMILLS BODYPUMP Tanya	6:15pm Shallow Water Aqua Danielle	6:15pm Deep Water Aqua Tanya			
		7:15pm (45mins)  TRX Suspension Training Lisa T	7:10pm  LESMILLS BODYBALANCE Hannah			



Doone Kennedy
**HOBART
AQUATIC
CENTRE**

GROUP FITNESS TIMETABLE
WEEK ENDING 1st July 2018
@the.hobart.aquatic.centre



CLASS NAME		DURATION		CLASS DESCRIPTION	
					
	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.				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.
					
	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.				RPM™ is a 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.
					
					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.
					
					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!
					
					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.
					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.
					The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.
SPIN					Stationary Indoor cycling work-out designed to increase cardiovascular fitness and endurance, burn fat and tone the legs and butt.
SPEED SPIN 30					Stationery Indoor Cycling with a high intensity, interval focus.
MAT PILATES					Pilates will enhance postural alignment, coordination, strength and flexibility.
YOGA					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.
					Using a suspension trainer to adopt 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.
SENIOR CIRCUIT					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 dkhsac@hobartcity.com.au
CLASS NAME		DURATION		CLASS DESCRIPTION	
DEEP WATER AQUA					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.