

YMCA VICTORIA POINT

GROUP FITNESS STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM							
7.30AM			PrYme Movers		PrYme Movers	Yoga	
8.00AM	bbarreless						
8.30AM		PrYme PILATES				boxfit	
9.00AM							
9.30AM			metafit.				
10.00AM			LIT				
10.30AM		Yoga					
11.00AM				Yoga			
4.00PM	TEEN GYM		TEEN GYM		TEEN GYM		
5.45PM				Kettle WorX 30mins			
6.15PM		boxfit		boxfit			
6.45PM							

GROUP FITNESS STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30AM							Hot Yoga
8.00AM					LIT		
9.00AM		boxfit	Hot Yoga	Yoga			
10.00AM					LIT		
5.45PM	Yoga						
6.00PM							

GROUP FITNESS STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM							
8.00AM							
9.00AM							
6.00PM							

OUTDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM		AQUA AEROBIC			AQUA AEROBIC		
8.30AM			AQUA AEROBIC			AQUA AEROBIC	
9.00AM	AQUA HiIT				AQUA HiIT		
11.15AM	PrYme AQUA			PrYme AQUA			
6.00PM				AQUA AEROBIC			

OPENING HOURS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reception	5.30AM - 7.00PM	7.00AM - 12.00PM	8.00AM - 12.00PM				
Kids Club	8.30AM - 11.15AM	7.15AM - 11.15AM	Closed				

Class Descriptions

	<p>Our Aqua Aerobics program is the best in the Redlands! Suitable for beginner or advanced. Aqua is a low impact class designed to increase movement, flexibility & encourage joint movement. Aqua is the number one method of rehabilitation recommended by occupational therapists.</p>
	<p>If you are looking for a workout that will increase your fitness levels with minimal impact on your joints then this is for you! This class is a higher intensity class that is fun, fast and effective. Designed to improve cardiovascular endurance which will alternate between strength/balance and core training. Be prepared to get your hair wet, heart rate up and have fun!</p>
	<p>BODYCOMBAT is the empowering cardio workout inspired by martial arts. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior fitness.</p>
	<p>bbarreless is a fusion style class with a true foundation of Pilates performed to the beat of the music. You will experience a mind body connection fused with dance, Pilates and Yoga. Incorporating strength, balance, power and flexibility movements while using equipment.</p>
	<p>BODYPUMP is the original barbell class that strengthens your entire body. With the latest chart topping music, highly trained instructors and your choice of weight, get the results you are looking for.</p>
	<p>BODYSTEP is the energizing step workout using a height-adjustable step and simple movements on, over and around the step. You get motivation from sing-a-long music and approachable instructors.</p>
	<p>This boxing inspired workout will get your heart rate up and make your muscles burn. It is a social class which includes pad work, resistance and cardio exercise. This class will increase your overall fitness and condition the whole body.</p>
	<p>This is HIGH INTENSITY INTERVAL TRAINING that offers fitness results fast through 30 minutes of intense exercise to set training routines. Grit is proven to target your fast twitch fibres to help build strength and power.</p>
	<p>HIIT MAN is high intensity interval training at its peak. Think Crossfit meets Bootcamp. HIIT MAN uses new and exciting equipment to push you to your limits in an all over body workout. HIIT MAN is for all levels and will help take your training and abilities to new heights.</p>
	<p>This class incorporates traditional and functional Yoga postures in a heated room to promote muscle lengthening and improve blood circulation. The room is usually heated to approximately 28-31 degrees.</p>
	<p>Known for its ability to heal and bring peace of mind. Learn how to stretch and tone while slowing down the breath.</p>
	<p>LOW IMPACT TONING - suitable for all levels of fitness. This class will help to tone your whole body using a range of functional low impact exercises.</p>
	<p>Metafit involves traditional bodyweight exercises with the latest interval and tabata techniques for high energy, safe and amazingly effective workout lasting only 30 minutes. This class will improve your core strength, posture and balance, will help you lose weight and tone muscle.</p>
	<p>This is a freestyle class that builds a strong foundation of core stability that results in better posture, improved alignment and decreased pain. Pilates trains the body as an integrated whole creating optimal muscle balance in strength and flexibility.</p>
	<p>PrYme Aqua is a gentle session focusing on strengthening around the joints and assisting range of mobility. This class would be suitable for those with arthritis or any other mobility restrictions.</p>
	<p>PrYme Movers is a low level cardio workout. Focusing on increasing joint mobility, limb strength and core stabilisation. With some general health and wellness tips thrown in to keep you on top of your game.</p>
	<p>PrYme Pilates is a freestyle class suitable for those with mobility restrictions. You will build a strong foundation of core stability that results in better posture, improved alignment and decrease pain.</p>
	<p>RPM is the indoor cycling 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. Welcome to the YMCA Peloton.</p>
	<p>Spin is challenging, fun and one of the best ways to improve cardiovascular fitness while burning lots of calories. Designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout.</p>
	<p>Fun, Fast and effective 30min workout. It is pre-designed program based on traditional Kettlebells movements with focus on strength, cardio and core. Want results? Kettleworx works!!</p>
	<p>Teen Gym is a fully supervised after school program for the teenagers aged between 11 and 16. Age appropriate exercise programs are run by our fully qualified fitness trainers. Focusing on strength, and endurance, as well as team building in a active, fun social environment. Our Teen Gym program runs through the school holidays</p>