






COUPON

Bring a Friend  
for  
**FREE\***

**YMCA JAMBOREE HEIGHTS**  
76 Andaman Street,  
Jamboree Heights QLD 4074  
p: (07) 3376 4266  
w: [www.ymcafitness.com/jamboree-heights](http://www.ymcafitness.com/jamboree-heights)  
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## YMCA JAMBOREE HEIGHTS CLASS INFORMATION

<b>LES MILLS BODYPUMP</b>	<b>BODYPUMP™</b> is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.
<b>LES MILLS BODYCOMBAT</b>	Step into a <b>BODYCOMBAT</b> workout and you'll punch and kick your way to fitness, burning up to 740 calories** along the way. This high-energy martial-arts inspired workout is non-contact and there are no complex moves to master. A LES MILLS™ instructor 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.
<b>LES MILLS BODYBALANCE</b>	Ideal for anyone and everyone, <b>BODYBALANCE™</b> is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.
<b>LES MILLS RPM</b>	<b>RPM™</b> is a group indoor cycling workout where you control the intensity. It's fun and low impact. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout, you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!
<b>THUMP! BOXING</b>	<b>THUMP! Boxing</b> – A boxing style workout combining basic boxing techniques and cardio work. Get super fit and have fun. A great way to lose weight quickly. Suitable for men and women of all fitness levels. Inner glove required and available at reception for \$5.
 <b>PILATES</b>	<b>Pilates</b> – A class that teaches a unique method of body control and conditioning focusing on alignment and positioning while encouraging the deeper Core Muscles to strengthen.
<b>PrYme Movers</b>	<b>PrYme Movers</b> – Classes are aimed at those over 50 and offer a range of different health benefits, including improving bone health, strength fitness and balance. Classes are a combination of strength, cardio and flexibility training, utilising a range of different equipment to give you lots of variety.
<b>YBootcamp</b>	<b>Y-BOOTCAMP</b> – A high intensity workout that combines bodyweight training, cardio and strength training. These combined create a great full-body workout to help improve your fitness, lose body fat and improve your strength and conditioning. Each week will be a challenging and different workout. A great way to mix up your training!
 <b>ZUMBA</b>	<b>Zumba®</b> – A Perfect workout for everybody! Each class is designed to bring people together to sweat it out. By mixing low-intensity and high-intensity moves for an interval style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. It's a total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.
 <b>GENTLE YOGA</b>	<b>Gentle Yoga</b> – Gain strength and length in your muscles and mobility and balance in your body. Yoga caters to all fitness levels and will leave you feeling connected, strong and confident.
 <b>HATHA FLOW</b>	<b>Hatha Flow Yoga</b> – a more dynamic sequence that still offers a variety of choices during the practice to cater for all fitness levels.
 <b>POWER YOGA</b>	<b>Power Yoga</b> – Yoga for strength. Done in a warm room (usually around 30°C) to help the muscles relax and loosen. This class is designed to wake up your muscles, combining power yoga, cardio and strength training with deep stretches to end the class. This is the perfect class for those who thrive on a physical and mental challenge. No experience needed and all fitness levels are welcome.

## YMCA JAMBOREE HEIGHTS GROUP FITNESS TIMETABLE

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# GROUP FITNESS TIMETABLE

GROUP FITNESS							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	45' <b>HIIT</b>	45' <b>YBootcamp</b>		45' <b>YBootcamp</b>			
6.30am						45' <b>YBootcamp</b>	
8.40am				45' <b>PrYme Starter</b>	55' <b>LES MILLS BODY PUMP</b>		
9.00am						55' <b>LES MILLS BODY PUMP</b>	
9.35am	55' <b>LES MILLS BODY PUMP</b>	55' <b>ZUMBA</b>	55' <b>LES MILLS BODY PUMP</b>	<b>LES MILLS BODYCOMBAT</b> 55'			
10.45am	55' <b>PrYme Starter</b>		45' <b>PrYme Circuit</b>		55' <b>ZUMBA</b>		
5.25pm	55' <b>THUMP! BOXING</b>	55' <b>LES MILLS BODYCOMBAT</b>	55' <b>LES MILLS BODY PUMP</b>	45' <b>PrYme Circuit</b>			
6.20pm							
6.35pm	55' <b>ZUMBA</b>	55' <b>ZUMBA</b>		<b>LES MILLS BODYCOMBAT</b> 55'			
FUNCTIONAL TRAINING AREA							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.45am		<b>PrYme Strength</b>			<b>PrYme Strength</b>		
5.40pm		45' <b>PrYme Combo</b>			45'		
RPM STUDIO TIMETABLE							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am						45' <b>LES MILLS RPM</b>	
8.00am							45' <b>LES MILLS RPM</b>
9.30am		45' <b>LES MILLS RPM</b>					
6.00pm				45' <b>LES MILLS RPM</b>			
PILATES & YOGA							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.45am						<b>POWER 55' PILATES</b> <b>BYOBALL</b>	
8.25am	55' <b>PILATES OPEN</b>		55' <b>POWER PILATES</b> <b>BYOBANDS</b>				
9.35am					55' <b>PILATES OPEN</b>		
10.00am						55' <b>GENTLE YOGA</b>	<b>GENTLE 55' YOGA</b>
10.45am		55' <b>GENTLE YOGA</b>		55' <b>GENTLE YOGA</b>			
5.25pm					55' <b>HATHA FLOW</b>		
6.30pm			55' <b>PILATES OPEN</b>				

Classes are subject to minor changes due to uptake and attendance numbers