












































# YMCA VICTORIA POINT

Ph: 3820 5300











## GROUP FITNESS STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM		<b>H.I.I.T</b> 30		<b>H.I.I.T</b> 45			
6.30AM							
7:15AM						Yoga 	
7:30AM	PrYme Movers		PrYme Movers	PrYme Movers			Yoga 
8:00AM		<b>LIT</b>			<b>LIT</b>		
8.30AM							
9.00AM							
10.00AM			Yoga 	Yoga 			
5.45PM							
6.45PM		Yoga 					


## GROUP FITNESS STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM							
7:30AM							
8:00AM							
9:00AM							
10:00AM	Yoga 						
11:00AM	Yoga 						
6:00PM							

## OUTDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM							
8:15AM							
11:15AM							
5:45PM							

## GYMNASTICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30PM	 Adult Gymnastics						

## STAFFED HOURS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reception	5:30am-6:30pm	5:30am-6:30pm	5:30am-6:30pm	5:30am-6:30pm	5:30am-6:30pm	7:00am-11:30am	CLOSED
Pool Hours	5:30am-11:00am & 3:30pm-6:30pm	5:30am-11:00am & 3:30pm-6:30pm	5:30am-11:00am & 3:30pm-6:30pm	5:30am-11:00am & 3:30pm-6:30pm	5:30am-11:00am & 3:30pm-6:30pm	7:00am-11:30am	CLOSED

Please note timetable is subject to change without notice



Please note timetable is subject to change without notice	
	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.
	This boxing inspired workout will get your heart rate up and make your muscles burn. It is a social class that includes pad work, resistance and cardio exercise. This class will increase your overall fitness and condition the whole body.
	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.
	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.
	Known for its ability to heal and bring peace of mind. Learn how to stretch and tone while slowing down the breath.
	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.
	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.
	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.
	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.
	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.
	HIIT is a workout that involves every muscle working together in challenging short bursts. The class involves short high-intensity intervals followed by less-intense recovery periods. The short, high intense training intervals ensure maximum calorie burning throughout the entire class.
 <b>Adult Gymnastics</b>	Adult Gymnastics classes will transform the way you live, move and feel. They are a great alternative to traditional fitness classes, offering exercises you won't get to try elsewhere! Gymnastics focuses on improving balance and posture while also strengthening the body against potential injury whilst also learning the fundamental skills of gymnastics. Our skilled instructors will help you develop core stability and recondition your body from head to toe. Classes are available to beginners with no experience.
	Core is a 30 minute workout that uses athletic training principles to build strength, stability and endurance that support your core. Each workout features a mix of proven core exercises and new integrated training innovations. The training moves hone in on the torso and sling muscles that connect your upper body to your lower body. Thanks to these integrated exercises you can simultaneously and effectively work all large muscle groups from shoulder to knee, which is one of the fastest ways to improve functional strength and increase athletic performance.
	Metafit / MetaPWR was created by a former Royal Marine. MetaPWR is a 30-minute, metabolic resistance workout, combining bodyweight and weighted compound exercises with little rest to maximize calorie burn and increase the metabolic rate during and after the workout. Torching 300kcal plus!

To book for classes, please scan the QR code:

