



YMCA WIRAC

Group Fitness Timetable

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------------------|---|------------------------------|--|------------------------------------|
| 5:45am A.B.T 45 mins | 5:45am BOXING 45 mins | 5:45am LIFT 45 mins | 5:45am HIIT 45 mins | 5:45am PUMP 45 mins | |
| | | 5:45am REFORMER PILATES 45 mins | | 5:45am REFORMER PILATES 45 mins | |
| | | 7:00am BALANCE & STABILITY 45 mins | | | 8:00am PRYME YOGA 45 mins |
| 9:30am PRYME DANCE 45 mins | 9:30am BARRE 45 mins | 9:30am PRYME LITE 45 mins | 9:30am TAI CHI 45 mins | 9:30am PRYME DANCE 45 mins | |
| 10:30am PRYME LITE 45 mins | 10:30am PILATES 45 mins | 10:30am YOGA 45 mins | 10:30am YOGA 45 mins | 10:30am YOGA 45 mins | |
| 4:30pm REFORMER PILATES 45 mins | | | 12:30pm MAT 45 mins | | |
| 4:30pm FUNCTIONAL 45 mins | 4:30pm CORE 45 mins | 4:30pm HIIT 30 mins | 4:30pm STRONG 45 mins | | |
| 5:30pm POWER 45 mins | 5:30pm STRONG 45 mins | 5:30pm PUMP 60 mins | 5:30pm SPIN 45 mins | | |
| 5:30pm YOGA 45 mins | | | 5:30pm PILATES 45 mins | | |

*Classes marked in orange are held in the Wellness Room

Class Descriptions

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|--------------------------------|---|
| A.B.T | A high-energy class targeting your Abs, Butt, and Thighs, designed to strengthen, shape, and define your lower body. |
| BOXING | A full-body cardio workout that builds strength, endurance, and confidence through high-energy punches and combos. |
| STRONG | A technique-focused class that teaches proper form and training styles to build strength through resistance-based exercises. |
| HIIT | A fast-paced workout combining bursts of intense effort with short recovery periods to boost fitness and burn fat. |
| PUMP | A barbell-based workout using light to moderate weights with high reps to build muscular endurance and strength. |
| BALANCE & STABILITY | A low-impact class focused on improving control, coordination, and core strength through targeted movements. |
| PRYME DANCE | Dance through the decades with great music to keep you moving and fit. |
| PRYME LITE | Improving joint function and recovery through gentle and functional mobility training. |
| FUNCTIONAL | A full-body strength class focused on learning the fundamentals of lifting and progressing through functional movements to build confidence and technique. |
| CORE | A slower-paced class that focuses on deep abdominal strength, control, and stability through intentional, focused movements. |
| POWER | A high-intensity workout that syncs body weight moves with music to build strength and stamina. |
| SPIN | A high-energy indoor cycling class that builds cardio fitness and leg strength through powerful intervals and climbs. |
| YOGA | A mindful movement class that improves flexibility, strength, and balance while promoting relaxation and mental clarity. |
| BARRE | A low-impact, ballet-inspired workout that strengthens and tones the body through small, controlled movements and high reps. |
| PILATES | A low-impact class that builds core strength, improves posture, and enhances body alignment through controlled, precise movements. |
| TAI CHI | A gentle, flowing practice that improves balance, flexibility, and mental focus through slow, controlled movements. |
| YIN YOGA | A slow, meditative practice that targets deep connective tissues through long-held, passive stretches to enhance flexibility and calm the mind. |
| PRYME YOGA | A fusion of Pilates and Yoga that blends core strength, flexibility, and mindful movement for a balanced full-body practice. |
| LIFT | A technique-focused class designed to teach and refine the form of key compound lifts, helping you build strength safely and effectively. |
| REFORMER | Using a specialized machine called a reformer, this low-impact exercise targets muscles with precision, combining resistance and controlled movement for a full-body workout. |



YMCA WIRAC

Aqua Aerobics Timetable

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--------------------------------------|--|
| 8:00am AQUA GENTLE 45mins | 8:00am AQUA THERAPY 45mins | 8:00am AQUA GENTLE 45mins | | 8:00am AQUA GENTLE 45mins |
| 9:00am AQUA HIIT 45mins | 9:00am AQUA CORE 45mins | 9:00am AQUA STRONG 45mins | 9:00am AQUA HIIT 45mins | 9:00am AQUA STRONG 45mins |
| 5:30pm AQUA BLAST 45mins | | 5:30pm AQUA BLAST 45mins | | |

**Classes marked in orange are held in the hydrotherapy pool*

Class Descriptions

*Bookings for each class is essential via member portal:
ymcafitness.com/member-portal*

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|----------------|--|
| HIIT | An aerobics based workout pushing your fitness levels through the use of music and equipment. |
| CORE | Using buoyancy and equipment this class is focused on building your core, lower back and hip muscles. |
| STRONG | A resistance style aerobics session focused on repetitions, control and tension to help build your muscular strength and endurance |
| GENTLE | Focusing on increasing the bodies movement, muscular endurance flexibility and balance in the comfort of the warm hydro pool. This class is perfect for beginners to exercise. |
| THERAPY | Designed for individuals recovering from medical conditions or injuries. This class focuses on rehabilitation by improving balance, stability, and mobility. With low-impact exercises, it provides a safe and effective way to strengthen muscles, enhance coordination, and aid in recovery while minimising strain on the body. |
| BLAST | A high intensity aerobics class focused on building the cardio vascular system. This class has fun fast paced music to keep you going. |