

Group Fitness Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	HIIT	BOOT CAMP		BOOT CAMP			
6.30am						BOOT CAMP	
7.30am						LES MILLS RPM	
7.45am						PILATES POWER	
8am							LES MILLS RPM
8.25am	PILATES OPEN		PILATES POWER				
8.40am				PRYME STARTER	LES MILLS BODYPUMP		
8.45am		PRYME STRENGTH			PRYME STRENGTH		
9am						LES MILLS BODYPUMP	
9.30am		LES MILLS RPM					
9.35am	STRENGTH	ZUMBA	LES MILLS BODYPUMP	CIRCUIT	PILATES OPEN		
10am						GENTLE YOGA	GENTLE YOGA
10.45am	PRYME STARTER	GENTLE YOGA	PRYME CIRCUIT	GENTLE YOGA	ZUMBA		
5.25pm	BOXING	LES MILLS BODYCOMBAT		PRYME CIRCUIT			
5.40pm		PRYME COMBO					
6pm				LES MILLS RPM			
6.30pm			PILATES OPEN	LES MILLS BODYCOMBAT			
6.35pm	ZUMBA	ZUMBA					

STAFFED	MONDAY to THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reception	8am – 7pm	8am – 5pm	8am – 1pm	24/7 only

the Y Jamboree Heights

76 Andaman St, Jamboree Heights, Qld 4074 | ymcafitness.com
 07 3376 4266 | ywest.reception@ymcaqueensland.org.au



Group Fitness Classes

LES MILLS **BODYCOMBAT**

BodyCombat is an empowering cardio workout inspired by martial arts. Supported by driving music, you strike, punch, kick and kata your way through calories to superior fitness!

GENTLE **YOGA**

Known for its ability to heal and bring peace of mind. Learn how to stretch and tone while slowing the breath.

BOOT **CAMP**

Sweat and tone with our intense boot camp. This high-energy workout combines cardio, strength, and functional fitness to challenge your body. A fun and effective way to reach your fitness goals.

PRYME **MOVERS**

Pryme Movers is a low level cardio workout. Focusing on increasing joint mobility, limb strength and core stabilization. We throw some general health and wellness tips in to keep you on top of your game!

PILATES **OPEN**

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 creating optimal muscle balance in strength and flexibility.

CIRCUIT

A mix of core, strength, upper and lower body strength exercises including cardio training. This includes working with battle ropes, kettlebells, pump bars and slam balls.

LES MILLS **RPM**

Indoor cycling that's low impact and burns loads of calories. Motivating music plays while you cycle hill climbs, sprints and flat riding to increase your cardio fitness.

ZUMBA

Zumba is an interval workout. To Latin inspired music, the class moves between high and low intensity dance moves and is designed to get your heart rate up and boost cardio endurance.

HIIT

HIIT involves every muscle working together in challenging short bursts. This class high intensity intervals with low intensity recovery periods, ensuring maximum calorie burn. Suitable for all fitness levels.

LES MILLS **BODYPUMP**

Barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights, with lots of repetitions, gives you total body workout.

STRENGTH

A 55 min full-body, weights based workout. Different exercises to target, strengthen and tone all major muscle groups.

BOXING

This boxing inspired workout will get your heart rate up and make your muscles burn. A social class that includes pad work, resistance and cardio exercises. Increases overall fitness and condition whole body.