

Group Fitness Timetable

 30 minutes.
Others 45 mins.

STUDIO 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	 LES MILLS BODYPUMP	 HIIT 	 LES MILLS BODYPUMP	 HIIT 	 LES MILLS BODYPUMP		
7.15am					 LES MILLS CORE 	 YOGA	
7.30am	 PRIME MOVERS		 PRIME MOVERS	 PRIME MOVERS			 YOGA
8am		 LIT			 LIT		
8.30am						 CLUB FIESTA	 LES MILLS BODYPUMP
9am	 VPA	 CLUB FIESTA	 LES MILLS BODYPUMP	 LES MILLS BODYCOMBAT	 LES MILLS BODYPUMP		
10am	 LES MILLS BODYPUMP	 LES MILLS CORE 	 YOGA	 YOGA	 PILATES		
5.45pm	 LES MILLS BODYPUMP	 LES MILLS CORE 	 ZUMBA	 LES MILLS BODYPUMP			
6.30pm		 YOGA					
6.45pm	 PILATES		 PILATES				

STUDIO 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	 PILATES	 LES MILLS RPM		 LES MILLS RPM			
7.30am						 LES MILLS RPM	
8am		 PILATES					
9am	 PILATES	 PILATES	 LES MILLS RPM	 YOGA	 LES MILLS RPM		
10am	 YOGA			 PILATES			
11am	 YOGA						
6pm	 LES MILLS RPM		 SPIN				

OUTDOOR POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am						 AQUA AEROBICS	
11.15am	 AQUA AEROBICS	 AQUA AEROBICS	 AQUA AEROBICS	 AQUA AEROBICS	 AQUA AEROBICS		
5.30pm		 AQUA AEROBICS					

HOURS	MONDAY to FRIDAY	SATURDAY	SUNDAY
Reception	5.30am to 6.30pm	7am to 11.30am	CLOSED
Pool	5.30am to 11am 3.30pm to 6.30pm	7am to 11.30am	CLOSED

the Y Victoria Point

128 Link Rd, Victoria Point, Qld 4165 | ymcafitness.com
07 3820 5300 | frc.reception@ymcaqueensland.org.au



Group Fitness Classes

LES MILLS **BODYCOMBAT**

Cardio workout inspired by martial arts. To driving music, you strike, punch, kick and kata your way through calories to fitness!



YOGA

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



ZUMBA

Interval workout to Latin inspired music. High and low intensity dance moves are designed to get your heart rate up and boost cardio endurance.



LIT

Low/High impact toning suitable for all fitness levels. LIT will help tone your whole body using a range of functional exercises and equipment.



PRYME **MOVERS**

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

A freestyle class that builds a strong foundation of core stability that results in better posture, improved alignment and decreased pain. Creates optimal muscle balance in strength and flexibility.

LES MILLS **CORE**

Core workout designed to build strength, stability and endurance in the muscles that support your core, including abdominals, glutes and back muscles.



Combines boxing, cardio, plyometrics. Sculpting moves to hip hop and electronic. All fitness levels.



SPIN

Improve cardiovascular fitness and burn lots of calories: the optimum in fat burning and strength building. Simulates varied terrain as you tackle hills, sprints, and other drills.



AQUA **AEROBICS**

Our Aqua Aerobics is the best in Redlands! Low impact class to increase movement, flexibility, and encourage joint movement. The number one method of rehabilitation recommended by occupational therapists. Suitable for all.



HIIT

Every muscle working together in short, challenging bursts. High intensity intervals with low intensity recovery periods for 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.

LES MILLS **RPM**

Low impact cycling that burns loads of calories. Motivating music while cycling hill climbs, sprints and flats for cardio fitness.



BOX **FIT**

Boxing inspired workout to get your heart rate up and make your muscles burn. A social class that includes pad work, resistance and cardio. Increases overall fitness and conditions the whole body.