



HIDDEN VALLEY RESORT

Group Fitness Timetable - Commencing 18 September, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am		HIIT Step Renee		P90X Strength Renee			
8:00am						P90X Strength Renee	
9:00am			Yoga Kathleen		Yoga Kathleen		
9:30am		HIIT Step Renee		HIIT Step Renee			
10:00am	Circuit/Core Dee				Aqua 55+ Tatiana		
10:15am			Mat Pilates Kathleen		Mat Pilates Kathleen 10am		
10:30am		Beginners Strength Dee		Zumba Gold Eleonora			
11:00am					Aqua 55+ Tatiana		
11:15am			MetaPower Renee				
1:00pm	Aqua 55+ Tatiana	La Dimora Residents	Aqua 55+ Tatiana	La Dimora Residents			
2:00pm		La Dimora Residents		La Dimora Residents			
6:30pm		Mat Pilates Tatiana		Core Flex Pilates Tatiana			
7:00pm	Aqua Active Tatiana		Aqua Active Tatiana				
7:15pm	HIIT Step Renee	MetaFit Renee					

Pricing and bookings

Members: \$10 per class or **Visitors:** \$15 per class.

45-minute classes (Yoga 1 hour) Maximum of 14 participants per class. To guarantee your place, please book classes in advance with the Sports Hub 03 4701 0088. Please check-in at the Sports Hub 5 minutes before classes.

AQUA AEROBICS

Classes are useful for the whole body. Aqua Aerobics improves overall well-being and helps to strengthen the cardiovascular and musculoskeletal systems, develop endurance, correct posture, facilitates balance and improved sleep, and assists with managing some ailments including back pain, muscles, and joints.

CIRCUIT/CORE

Targeting cardio, strength, and core in 9 different exercises, in a timed format that changes every week. This class is suitable for all levels of abilities, set to music, a fun, upbeat class with lots of variety! Come along for a great full body workout.

CORE FLEX PILATES

Is a strengthening and lengthening form of exercises that focus on your core muscles. Breathing control is a part of all movements. You'll strengthen your entire body and leave the class feeling calm and happy.

HIIT STEP

A 30-minute high-intensity interval training (HIIT) workout that uses a step and dynamic bodyweight exercises. It has been designed to improve power, increase strength, and burn hundreds of calories. The HIIT STEP workout contains voice over music tracks and pre-designed training sessions to deliver inspirational and motivational workouts.

MAT PILATES

A safe, effective low-impact exercise that focuses on muscle balance, improves strength, aligns body & brings greater mobility. Pilates fine tunes movement patterns & strengthens the deep muscles of your core. Overall toning, building lean muscles without bulk. Pilates develops a deep connection to your breathing, body & mind.

METAFIT

A 30-minute, bodyweight-only, non-choreographed, high-intensity interval training (HIIT) workout. The program was created over a decade ago by a Royal Marine Commando in a bid to make HIIT more efficient and effective. Metafit aims to stick to true HIIT principles without venturing too far outside the high-intensity interval scope. Metafit combines the latest HIIT training techniques with traditional 'old school' bodyweight exercises to set the metabolism on fire!

METAPWR

A 30-minute circuit class that is designed to develop strength and improve bone density through the use of specially selected equipment and to tone muscle, increase metabolic rate and burn fat through plyometric and non-plyometric bodyweight exercises.

YOGA

Yoga offers practical steps for holistic personal development to gain mastery over the senses, purify the physical & energy bodies, boost immunity, improve your strength & flexibility. Classes delivered vary from Traditional Hatha, 8 Limbs, Yin, Restorative, Mindfulness, Meditation & Relaxation. Suitable for beginner / intermediate all levels welcome!

ZUMBA GOLD®

Perfect for beginners, active older adults and anyone looking for a modified Zumba® class that recreates the original moves at a lower intensity. The class introduces easy-to-follow Zumba® choreography that focuses on range of motion, coordination, and all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!