

Knox Leisureworks – 28th July 2021

GROUP FITNESS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00 am			RPM		RPM		
7.30am							RPM	
8.00 am		Active Adults Cycle ▲						
8.30am								Body Attack
9.30 am		Hi Energy Circuit	Body Pump	Body Pump	THT	Body Pump		Body Pump
10.00am							Body Step	
10.30am		Body Balance	Stretch	Yoga	Feeling Fit ▲	Body Balance		Body Balance
11.00am			Meditation				Body Balance	
11.30am		Feeling Fit ▲	Body Balance▲	Zumba Gold ▲		Body Pump ▲		
12:30pm			Yoga▲					
6.00pm			RPM Express		HIT Boxing			
6.30 pm		SH'BAM	HIT Boxing	Body Pump	HIT Cardio			
7.00pm			HIT FIT		Body Pump			
7.30pm		Body Balance	Body Step	CORE 30 min				

▲ Active Adult Members can access these classes - Senior Strength □ Sessions held in the gym
 ▲ Active Adult Members must have a Gym induction for Senior Strength program.

Wellness Studio	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.30 am	Yoga▲						
	10.30 am							
	6.00 pm			Pilates	Yoga			

▲ Active Adult Members can access these classes

AQUATICS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00am	Aquanauts ♦				Aquanauts ♦		
	7.00 am	Aquacise		Aquacise		Aquacise		
	7.30am	Aquacise		Aquacise		Aquacise		
	8.00am	Aquacise	Gentle Aquacise ■	Aquacise	Gentle Aquacise ■	Aquacise		
	8.30 am	Aquacise		Aquacise		Aquacise		
	6.00 pm				Gentle Aquacise ■			
	6.30pm	Deep Water Running		Aquacise				

■ Sessions held in the Warm Water Pool ♦ Adult Squad competent swimmers

OTHER	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:30am	Senior Strength▲ □			Senior Strength▲ □	

Senior Strength ▲ □ -Sessions held in the gym ▲ Active Adult Members must have a Beginning Appointment for Senior Strength program.

▲ Active Adult Members must have a Beginning Appointment for Senior Strength program.

CLASS TYPES

GROUP FITNESS Group workout sessions for any skill level, with a focus on strength, stamina and coordination. This includes instructor based classes as well as virtual group fitness sessions.

WELLNESS Engage your mind and body using a range of movement and breathing exercises, designed to increase flexibility and focus, and reduce stress.

AQUACISE Water based workouts designed to improve your cardio, as well as strengthen and tone your body with minimal impact. Suitable for all levels of fitness and ability.

AQUANAUTS, is for adults interested in maintaining fitness, preparing for events and developing technique in structured sessions that focus on endurance, technique and strength building run by professional coaches to ensure individual goals are catered to.

HIT & SGT - HIGH INTENSITY TRAINING Involves repeated bouts of high intensity all-out effort followed by short, sometimes active, recovery periods.

ACTIVE ADULTS Low impact classes designed for older adults, encompassing a range of strength, cardio and flexibility exercises. All Aquacise classes are suitable.

IMPORTANT INFORMATION

- Late entry to classes more than 5 minutes after commencement is not permitted.
- Participants must obtain a ticket for all classes from Reception or Kiosk.
- All participants must be aged 16 years or older (except family friendly classes available to persons 13 years and over these classes are highlighted **RED**).
- An Active Adults membership allows entry to all Active Adults, Aqua classes & Senior Strength & Classes with a ▲ symbol
- Please note that classes may only be pre-booked by the individual attending the class. Bookings can be made 24 hours in advance for members, and 2 hours in advance for casual users, **Aqua Aerobics are to be made**

via our website only up to 10 days in advance

- **Senior Strength**, is gym based sessions. Participants will receive a program from a qualified Gym staff member that can be done whilst in the gym. Sessions run Mon, Wed, & Friday between 11:30am & 2:30pm. Casual cost is \$8.50 or free for Active Adult & general members.

- **NEW Classes**

Zumba Gold is a class designed for active adults who are looking for a modified **Zumba/Dance style** class that recreates the original moves you love, but at a lower intensity.

RPM Express is your favourite Cycle class but in a 30 minute format.

CORE, formally known as CX WORX, the name has changed but the workout is still the same.

HIT is a group of 30 minute high intensity sessions with each having a different focus, Hit Strength – Functional Training with heavy load to assist in strength & fitness

Hit Fit – A mix of body weight and light weighted exercises.

Hit Cardio – Body weight exercises to increase your body tone and cardio fitness

Hit Boxing – Easy to follow boxing patterns to allow you to get a great cardio workout and learn the basics.

Stretch is a 30 minute Class that focuses on Deep Controlled stretching to lengthen and recover muscles, that over time will help to increase flexibility. Stretch is a perfect addition to any current training program you are doing

Meditation is considered a type of mind-body complementary medicine. **Meditation** can produce a deep state of relaxation and a tranquil mind. During **meditation**, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress.