

Group Fitness Timetable



10th – 16th of May 2021

Sports Club Reception: 07 4946 8590

Open weekdays 6.00am – 6.00pm, Saturdays 8.00am – 4.00pm, Sundays 8.00am – 2.00pm

GROUP FITNESS TIMETABLE

	Monday 10 th May 6am – 6pm	Tuesday 11 th May 6am – 6pm	Wednesday 12 th May 6am – 6pm	Thursday 13 th May 6am – 6pm	Friday 14 th May 6am – 6pm	Saturday 15 th May 8am – 4pm	Sunday 16 th May 8am – 2pm
6.15 am		HIIT STRENGTH Sports Club 45 min	HIIT Sports Club 45 min		HIIT Sports Club 45 min		
8.30 am	HATHA YOGA Sports Club 60 min		CORE PILATES Sports Club 60 min	HATHA YOGA Sports Club 60 min	VINYASA YOGA Sports Club 75 min	HIIT STRENGTH Sports Club 45 min	RESTORATIVE YOGA Sports Club 60 min
5:15 pm			HIIT Sports Club 45 min	HATHA YOGA Sports Club 60 min			



Virtual group fitness sessions can be requested on demand when group fitness studios are vacant, please see reverse for descriptions. Cycle sessions cannot be scheduled during YOGA classes.

Hotel guests:

- / Live classes: \$15
- / Virtual classes, Spa & Sauna, Gym floor all Complimentary upon presentation of room key

Please note room key must be presented every entry for hotel benefits.

Non-hotel guests:

- / Single all access pass (live and virtual classes, gym, spa and sauna) \$22.00
- / Spa & Sauna \$15.00
- / All day pass: \$35.00
- / All access 5 visit pass: \$90.00
- / All access 10 visit pass: \$160.00

Booking Information:

- / Bookings are essential - bookings cannot be made without payment or membership
- / To book, call 4946 8590 or visit the Sports Club during operational hours
- / Guests and members who have not booked will only be accepted if space is available.
- / Please arrive 10 minutes prior to class start time.
- / Locations and class sizes may vary to adhere to social distancing guidelines. Please do not participate in classes if you feel unwell or are showing any flu like symptoms.
- / **Strict age restrictions apply. Minors must be accompanied and supervised by a parent/guardian at all times whilst using facilities**
 - o **Cardio only: 14 and 15 years old**
 - o **Spa and sauna: Strictly for 18 years and over**

Yoga, Deep Stretch and Pilates

RESTORATIVE YOGA	Give yourself the gift of self-care and relieve the effects of everyday stress with our beautiful restorative yoga. Using a variety of props to support and stretch out the body, this practice promotes deep physical and mental relaxation to restore body and mind. Live 60 minute session
HATHA YOGA	Hatha Yoga is the mother of all yoga which focuses on the foundation of each postures with safe alignment. The practice aims to centre, strengthen and relax the body by unifying the breath, body and mind. A mix of slower held positions, and gentle flows incorporated in a class, including breathing and meditation practise. Live 60 and 75 minute session
PILATES & PILATES FUSION	Pilates consists of low-impact muscular strength and flexibility movements to improve postural alignment, core strength and muscle balance. Pilates Fusion incorporates various exercises and training styles. Live 45 and 60 minute session
INTERMEDIATE VINYASA YOGA	Emphasis in this yoga practice is placed on body alignment and connection to the breath, as you flow through a dynamic sequence of poses designed to build overall strength and flexibility. Live 60 and 75 minute session
DEEP STRETCH + MEDITATION	A series of passive, long-held poses to remove blockages in the connective tissue that surrounds our muscles. This slow paced, meditative style helps to calm the body and mind, relieve tension, enhance joint mobility and improve flexibility. Live 60 minute session

LES MILLS™ Virtual Classes

BODY PUMP™	The original barbell class that shapes, tones and strengthens your body. This workout challenges all of your major muscle groups, using light to moderate weights with lots of repetition to leave you feeling strong, motivated and empowered. Live and virtual 15, 30, 45 and 60 minute session
BODY COMBAT™	Strike, punch and kick your way to superior fitness! An energetic, empowering and super fun cardio workout, incorporating boxing, karate, Muay Thai and taekwondo exercises to work the entire body. Virtual 30, 45 and 60 minute session
CXWORX™	LES MILLS CXWORX is a 30-minute core workout, providing the vital ingredient for a stronger body. Instructors guide you through correct technique as you work with resistance tubes, weight plates and bodyweight to target the core, abs, back, hip and glutes. Virtual core/ab 15 and 30 minute session
BODY BALANCE™	LES MILLS BODYBALANCE is a yoga-based class that incorporates elements of Pilates and Tai Chi. Strengthen your entire body as you flow through a series of yoga poses, dynamic movements and gentle stretches. Virtual yoga 30 and 60 minute session
BARRE™	A modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength. Incorporating classic ballet positions with modern music, BARRE is a combination of cardio and strength with high reps of small range-of-motion movements. Virtual 30 minute bar session

Virtual Cycle

LES MILLS RPM™	RPM is an indoor cycling workout with pumping music and an inspiring instructors who leads the pack through hills, flats, mountain peaks, time trials and interval training. A fun, low impact way to boost your cardio fitness, burn calories and lift your personal performance. Virtual cycle 30 and 45 minute session
LES MILLS SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. Virtual cycle 30 minute session

High Intensity Interval Training (HIIT)

HIIT	HIIT is a full body workout that alternates between bursts of maximum effort and short recovery periods. HIIT training is based on time, not repetitions allowing sessions to cater for all fitness levels as participants can choose the intensity they work at. Expect to sweat, have fun and be challenged. Live 30 & 45 minute session
HIIT STRENGTH	A full body strength workout done solely on a YOGA mat. This is a great class for both advanced and beginners who want to build upper body, lower body and core strength. Great low impact option if cardio is not your thing but you love to sweat. Live 45 minute session