

Group Fitness Timetable



15th – 21st August 2022

MONDAY – FRIDAY: 6am – 6:30pm

SATURDAY: 8am – 6pm

SUNDAY: 8am – 4pm

Reception: 07 4946 8590

GROUP FITNESS TIMETABLE

BOOKINGS ARE ESSENTIAL – BOOK NOW BY VISITING OR PHONING 4946 8590 DURING OPERATIONAL HOURS

	Monday 15 th August	Tuesday 16 th August	Wednesday 17 th August	Thursday 18 th August	Friday 19 th August	Saturday 20 th August	Sunday 21 st August
6.15 am	BOXING Sports Club 45 min CHELS	HIIT STRENGTH Sports Club 45 min CHELS	HIIT Sports Club 45 min ZOE	CYCLE Sports Club 45 min ZOE	BOXING Sports Club 45 min ZOE		
9.00 am	DEEP STRETCH Sports Club 60 min ZOE	MORNING FLOW Sports Club 60 min ZOE	CORE & STRETCH Sports Club 45 min CHELS	VINYASA YOGA Sports club 45 min IZZY	YIN YOGA Sports Club 45 min IZZY		
10.30 am						VINYASA YOGA Sports club 60 min MICHELLE	
5.15 pm	CYCLE Sports Club 30 min ZOE	LEGS & BOOTY Sports Club 30 min ZOE	STEP CARDIO Sports Club 30 Min CHELS	VINYASA YOGA Sports Club 45 min MICHELLE	SUNSET YOGA Sports Club 60 min IZZY		
6:00 pm	YIN YOGA Sports Club 45 min IZZY	VINYASA YOGA Sports Club 45 min MICHELLE	BOXING Sports Club 45 min CHELS	YIN YOGA Sports Club 45 min MICHELLE			



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. No children under the age of 14 is to enter the Sports Club.**
 - o Children aged 14 and 15 must be accompanied by a **parent or guardian** at all times
 - o Children aged 16 & 17 must have a parent sign a waiver for their gym access
 - o Spa and sauna: Strictly for 18 years and over

Group Fitness Timetable Class Descriptions

STRETCH, FLOW & YOGA

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. **60 & 75 min**

MORNING FLOW

Morning flow is the ultimate stretch and release class targeting mindful movement with a focus on flexibility, stability and dynamic exercises. **60 min**

YIN YOGA & DEEP STRETCH

A series of passive, long-held poses to remove blockages in the connective tissue that surrounds our muscles with a focus on Chakra energy clearing and meridian lines. This slow paced, meditative style helps to calm the body and mind, relieve tension, enhance joint mobility and improve flexibility. **60 min**

Enjoy a Vinyasa Flow to a sunrise or sunset on the bottom deck of Hamilton Islands Yacht Club, the Keel Deck. Class suitable for both beginners to intermediate. **75 min**

SUNRISE/SUNSET YOGA AT THE KEEL DECK



HIGH INTENSITY INTERVAL TRAINING (HIIT), BOXING & AQUA AEROBICS

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 min**

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. **45 min**

BOXING

In this class you will gain strength, hand-eye coordination, endurance, and confidence in a full body Strength & cardio workout. **60 min**

AQUA AEROBICS

This low impact cardiovascular workout will get your heart pumping to some awesome tunes in one of Hamilton islands beautiful pools. Locations vary, please see schedule for more details. **45 mins**

STEP CARDIO

This high energy cardio class will get your heart rate up using a step to choreographed tracks.

LESMILLS™ 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. **Virtual 15, 30, 45 and 60 min**

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 min**

CORE™

LES MILLS CORE 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 & 30 min**

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 & 60 min**

BODYATTACK™

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. **Virtual 30, 45 and 60 min**

VIRTUAL CYCLE

LESMILLS 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 & 45 min**

LESMILLS 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. **Virtual cycle 30 min**