

# DRLC Group Fitness Timetable

Commencing Monday 5 November

## Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	45mins	45mins	45mins	30mins	45mins		
6:50am		55mins					
7:30am (Gym Floor)	55mins **		55mins **		55mins **	30mins	
8:00am							55mins
8:15am						30mins	
8:55am	30mins	30mins	30mins	30mins			
9:00am						55mins	55mins
9:30am	55mins	55mins	55mins	55mins	30mins		
10:00am	55mins					55mins	55mins
10:15am					55mins		
10:30am	55mins	55mins	55mins	55mins			
11:00am						55mins	55mins
11:15am	55mins				55mins		
11:30am	55mins	55mins		55mins			
4:00pm						55mins	55mins
4:15pm	55mins ##	55mins ##	55mins ##	55mins ##			
5:30pm	55mins		55mins		55mins		
5:55pm		30mins		30mins	55mins		
6:30pm	55mins	55mins	55mins	30mins	55mins		
7:30pm	55mins	55mins	55mins	55mins	55mins		

## Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	45mins	45mins	45mins	45mins	45mins		
7:00am	45mins	45mins	45mins	45mins	45mins	55mins	
7:30am						45mins	45mins
8:00am	45mins	45mins	45mins	45mins	45mins		
8:30am						45mins	45mins
9:30am	45mins	45mins	45mins	45mins	45mins	45mins	
10:30am	45mins	45mins	45mins	45mins	45mins		
1:00pm	45mins	45mins	45mins	45mins	45mins		
2:00pm	45mins	45mins	45mins	45mins	45mins		
3:00pm	45mins	45mins	45mins	45mins	45mins		
4:00pm	45mins	45mins	45mins	45mins	45mins		
6:30pm	45mins	45mins	45mins	45mins	45mins		

## Comp. Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	45mins	45mins	45mins	45mins	45mins		
6:45pm		45mins					



A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class. This class requires about 5 minutes of set up so be sure to arrive early.



A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music. This is the most intense workout you'll find in the world of fitness - a session guaranteed to take no prisoners.



BODYCOMBAT combines moves and stances developed from a range of self-defence disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that's all out fun.



Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.



IF YOU WANT TO DANCE, THERE'S NOTHING LIKE IT! BODYJAM is the ultimate combination of music and dance. BODYJAM doesn't discriminate... whether you've got two left feet or fancy yourself as Beyoncé's back up dancer, we've got your back! While you'll be too busy dancing your butt off, you'll also be getting a killer workout and burning calories while you're at it.



VIRTUAL Les Mills RPM classes allow you to experience the same benefits as a live RPM class, with recorded classes projected onto our giant screen! The Virtual classes are lead by some of the best RPM Cycle instructors and are updated regularly so you still get to enjoy the latest updates and music. Virtual RPM classes are a great experience and can be scheduled anytime.



The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour into the mix and you've got a Zumba Class!



Zumba Toning is a body-sculpting routine in which participants use Latin rhythm and dance movements to tone their bodies. Light dumbbell weights enhance the user's sense of rhythm and coordination, while toning target zones including arms, core and lower body. The challenge of adding resistance helps you focus on specific muscle groups, so you (and your muscles) stay engaged!



Yoga helps build a sense of union in the body, mind and spirit - it brings balance. Yoga has numerous benefits including physical (a stronger, more toned and flexible body), mental (improved relaxation and ability to handle stress) and spiritual (awareness of your body, feelings and the world around you). Yoga suits everyone ... young, old, all levels and abilities.



A body conditioning class that helps build flexibility, muscle strength and endurance across the entire body. Pilates also improves muscle tone, balance and supports correct posture. Different exercises can be modified in range of difficulty from beginner to advanced to suit everyone, with the ability to increase intensity as the body adapts.



A freestyle cycle class designed to make you work hard while having plenty of fun along the way. Feel the burn as you aerobically challenge yourself through each stage of the class, on the path to a fitter you! Your instructor will lead you through a variety of challenges to keep you focused and constantly improving.



Boxing is a great way to condition the whole body because it builds muscle strength, endurance, balance, agility and coordination all at the same time. It's also been shown to promote well-being because it builds confidence and discipline. Boxing classes consist of variable heart rate work and actual boxing techniques, so strap on the gloves and get started!



A fun, water-based class done to music with an instructor taking you through every move. In addition to the standard benefits of any exercise, the use of water in Aqua Aerobics supports the body and reduces the risk of muscle or joint injury, with less stress on the joints. Aqua Aerobics is safe for anyone able to keep their heads out of water.



This program is designed for our senior members (over 55's). Offering a mix of outdoor activities involving functional weight training and cardiovascular exercises. Benefits of this program include: Improved balance and co-ordination skills; Strengthen your bones and muscles; Increase your overall quality of life; Reduce risk of chronic illness and disease.

**\*\*Assessment required with DRLC gym instructor before commencing this class.**



High Intensity Training - a mixture of interval training, plyometric and cardio exercises, strength and conditioning drills. An intense small group workout designed to achieve overall strength and toning along with improved cardiovascular fitness. This class will "HIT" all the right spots and all in only 30-minutes!



A.B.T. stands for Abs, Butts and Thigs... which is pretty self explanatory! This express 30-minute class is designed to target the abs, butts and thighs using a mixture of body-weight exercises, band resistance and some light weights. A.B.T. is a combination of strength enhancing and muscle toning exercises that will focus on all these common problem areas!



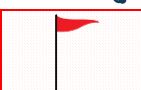
Flow-Fit is a mat-based class that incorporates the principals of both Pilates and Yoga into a dynamic workout that aims to stretch, lengthen and strengthen the body. Class focus areas will vary from week to week to keep it challenging on the body and exciting for members.



**Fun Fit** (10-12 year olds) is all about movement and having fun! Children participate in a variety of physical games and activities throughout the 55-minute program. **ProTEEN** (13-16 year olds) is gym-based training tailored to suit the needs of older teens. This program incorporates cardio, light resistance & functional training. **## Both programs include restricted access to DRLC outside of class times.**



Classes marked with "Trial Class" have been recently introduced to this time slot. As the name suggests, this class is being trialed to find out if it is going to be popular enough to make a permanent place on the timetable. Every quarter the DRLC team reviews class numbers and feedback to create the best possible group fitness timetable to suit our members.



Classes marked with a Red Flag are currently under review and may not retain a permanent place on the group fitness timetable in the future. Every quarter the DRLC team reviews class numbers and feedback to create the best possible group fitness timetable to suit our members.