

Group Fitness Timetable

Commencing 10 January 2022

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-----------------------------|---------------------------|
| 5:45am | | HIIT45 | | HIIT45 | | | |
| 6:00am | LES MILLS BODYPUMP | | PILATES | | A.B.T | | |
| 6:30am | | HIIT EXPRESS | | HIIT EXPRESS | | | |
| 7:00am | | | | | | HIIT45 | |
| 7:15am | Stronger4Life CHALLENGE | Stronger4Life MOBILITY | Stronger4Life CHALLENGE | Stronger4Life MOBILITY | Stronger4Life CHALLENGE | | |
| 8:00am | | | | | | CYCLE45 | |
| 8:15am | | Stronger4Life CHALLENGE | | Stronger4Life CHALLENGE | | | |
| 9:00am | | | | | | LES MILLS BODYATTACK | LES MILLS BODYPUMP |
| 9:15am | HIIT EXPRESS | SPIN EXPRESS | A.B.T Express | SPIN EXPRESS | HIIT EXPRESS | | |
| 10:00am | CORE | LES MILLS BODYPUMP | BOX FIT | LES MILLS BODYPUMP | BOX FIT | LES MILLS BODYPUMP | PILATES |
| 11:00am | PILATES | ZUMBA FITNESS | CYCLE45 | ZUMBA toning | | ZUMBA FITNESS | |
| 12:00pm | YOGA | A.B.T | PILATES | YOGA | PILATES | | |
| 4:00pm | | | | | | PILATES | YOGA |
| 4:15pm | Gym Fit Teen | Gym Fit Teen | Gym Fit Teen | Gym Fit Teen | | | |
| 5:30pm | LES MILLS BODYPUMP | HIIT45 | LES MILLS BODYATTACK | HIIT45 | | | |
| 6:30pm | CYCLE45 | LES MILLS BODYCOMBAT | LES MILLS BODYPUMP | CYCLE45 | ZUMBA HIIT | | |
| 7:30pm | PILATES | ZUMBA FITNESS | YOGA | PILATES | | | |
| 8:00am Comp Pool | AQUA AEROBICS | | |
| 6:45pm Comp Pool | | AQUA AEROBICS | | | | | |

Group Fitness Studio



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.



A 45 min 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.



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! Choose either a 30 min or a 45 min session. 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.



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!



This program is designed for our senior members (over 50's) This class is higher in intensity for those who are up for challenge. Offering a combination of resistance and cardio training, to benefit muscle strength, bone density, heart health and overall fitness. ****Assessment required with DRLC gym instructor before commencing this class.**



This program is designed for our senior members (over 50's) For those who would like to focus of mobility, flexibility and stretches. It is lower in intensity focusing on functional mobility and stability, and core strength. ****Assessment required with DRLC gym instructor before commencing this class.**



High Intensity Interval 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 "HIIT" all the right spots and all in only 30-minutes!



Like a challenge? This 45min intense group fitness class workout that is designed to challenge you both physically and mentally. HIIT Challenge classes are a mixture of pre-set metabolic conditioning and endurance based workouts that you complete at your own pace. Whether you are racing against the clock, yourself or a friend these classes are a whole lot of fun and are sure to test your limits.



This low-impact, express 30-minute class is a "high burn" class designed to tone and strengthen all core muscles using a mixture of body-weight exercises and light weights. CORE will focus on all these common problem areas that you are wanting to improve!



Gym Fit Teens is a structured, gym based program designed for teens aged 10-16 years. Specifically those who wish to increase: strength, cardiovascular fitness, agility, balance and endurance. Using gym based exercises and equipment, teens can look forward to learning new exercises and methods of training, whilst increasing their knowledge. This program also includes restricted access to DRLC outside of class times. **## Induction required with DRLC gym instructor before commencing this class.**



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.



Abs, Bums & Thighs! This strength endurance class is desinged to feel the BURN! Taking inspiration from our pump classes, using barbells, step and bands. ABT is higher in intensity, working on your muscles endurance, making you stronger and fitter faster.



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.