

DRLC Group Fitness Timetable

Commencing Thursday 30 January 2020

Group Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45am			HIIT 30mins		HIIT CHALLENGE 30mins		
6:00am	LES MILLS BODYPUMP 45mins		LES MILLS BODYATTACK 45mins			LES MILLS BODYPUMP 45mins		
6:15am			HIIT 30mins		HIIT CHALLENGE 30mins			
6:50am			YOGA 55mins					
7:30am	STRONGER4LIFE <i>Fitness for the over 50s</i> 55mins **			STRONGER4LIFE <i>Fitness for the over 50s</i> 55mins **		STRONGER4LIFE <i>Fitness for the over 50s</i> 55mins **	HIIT 30mins	
8:00am							CORE 30mins	ZUMBA 45mins
9:00am	HIIT 30mins	CORE 30mins	HIIT CHALLENGE 30mins	CORE 30mins	HIIT 30mins	LES MILLS BODYATTACK 45mins	LES MILLS BODYPUMP 45mins	
9:40am	BOXFIT 45mins	LES MILLS BODYPUMP 45mins	PILATES 45mins	LES MILLS BODYPUMP 45mins	HIIT 30mins			
10:00am							LES MILLS BODYPUMP 45mins	LES MILLS BODYCOMBAT 45mins
10:30am	PILATES 55mins	ZUMBA 45mins	LES MILLS BODYPUMP 45mins	ZUMBA toning 45mins	BOXFIT 45mins			
11:00am							ZUMBA 45mins	PILATES 55mins
11:30am	YOGA 55mins	PILATES 55mins	PILATES 55mins	YOGA 55mins	PILATES 55mins			
12:30pm	HIIT 30mins		CORE 30mins		HIIT 30mins			
4:00pm							PILATES 55mins	YOGA 55mins
4:15pm	Gym Fit Teen 45mins ##	Gym Fit Teen 45mins ##	Gym Fit Teen 45mins ##	Gym Fit Teen 45mins ##				
5:30pm	LES MILLS BODYPUMP 45mins		LES MILLS BODYATTACK 45mins		PILATES 55mins			
5:45pm		HIIT CHALLENGE 30mins		CORE 30mins				
6:30pm	LES MILLS BODYATTACK 45mins	LES MILLS BODYCOMBAT 45mins	LES MILLS BODYPUMP 45mins	HIIT 30mins	ZUMBA 45mins			
7:30pm	PILATES 55mins	ZUMBA 45mins	BOXFIT 45mins	PILATES 55mins	YOGA 55mins			

Cycle Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	CYCLE 45mins	LES MILLS RPM 45mins	CYCLE 45mins	LES MILLS RPM 45mins			
7:30am							CYCLE 45mins	
8:30am							LES MILLS RPM 45mins	
9:30am	CYCLE 45mins		CYCLE 45mins	CYCLE 45mins				
6:30pm	CYCLE 45mins		LES MILLS RPM 45mins					

LES MILLS VIRTUAL Times: 6:00 | 7:00 | 8:30 | 9:30 | 11:00 | 13:00 | 15:30 | 17:00 | 18:30
Also available during opening hours and outside of instructor-led classes

Comp. Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	8:00am	AQUA AEROBICS 45mins	AQUA AEROBICS 45mins	AQUA AEROBICS 45mins	AQUA AEROBICS 45mins	AQUA AEROBICS 45mins			
	12:30pm		D.R.I.F.T. Des Renford Interval Fitness Training 30mins		D.R.I.F.T. Des Renford Interval Fitness Training 30mins				
6:45pm		AQUA AEROBICS 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.



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.



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.



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). 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 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? A short yet 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.



This program provides a fantastic cardiovascular workout, with low impact exercises to your joints while using almost every muscle in your body! D.R.I.F.T will assist swimmers with stroke correction and technique development, through the guidance and Instruction of a professionally qualified and highly experienced squad coach.



Classes marked with "Trial Class" have been recently introduced to this time slot. As the name suggests, this class is being trialled 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.