

Group Fitness Timetable - 2025

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle studio	6:00am	CYCLE45		CYCLE45		CYCLE45		
	7:05am						CYCLE45	
	8:00am						CYCLE45	
	9:15am		SPIN EXPRESS		SPIN EXPRESS			
	6:00pm	CYCLE45		CYCLE45				
Group fitness studio	5:45am		HIIT45		HIIT45			
	6:00am	LES MILLS BODYPUMP		HIIT45		LES MILLS BODYPUMP		
	6:30am		ABT EXPRESS		CORE EXPRESS			
	7:00am						HIIT45	
	7:15am	Stronger4Life CHALLENGE 	Stronger4Life MOBILITY 	Stronger4Life CHALLENGE 	Stronger4Life MOBILITY 	Stronger4Life CHALLENGE 		
	8:00am						PILATES	
	9:00am		PILATES		STRETCH RELEASE		LES MILLS BODYATTACK	LES MILLS BODYPUMP
	9:15am	HIIT CIRCUIT		ABT EXPRESS		HIIT EXPRESS		
	10:00am	CORE EXPRESS	LES MILLS BODYPUMP	BOXFIT	LES MILLS BODYPUMP	BOXFIT	LES MILLS BODYPUMP	PILATES
	11:00am	PILATES	ZUMBA	STRETCH RELEASE	ZUMBA TONING		ZUMBA	
	12:00pm	YOGA	STRETCH RELEASE	PILATES	YOGA	PILATES		
	1:10pm	Stronger4Life CHALLENGE 			Stronger4Life CHALLENGE 			
	4:00pm						PILATES	YOGA
	4:15pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM			
	5:30pm	LES MILLS BODYPUMP	HIIT45	BOXFIT	HIIT45	YOGA		
	6:30pm	BOXFIT	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	ZUMBA	ZUMBA		
	7:30pm	PILATES	ZUMBA	YOGA	PILATES			
Comp Pool	8:00am Comp Pool	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS		
	6:45pm Comp Pool		AQUA AEROBICS					

**LES MILLS
BODYPUMP**

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.

**LES MILLS
BODYATTACK**

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.

**LES MILLS
BODYCOMBAT**

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.

CYCLE45

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.

**LES MILLS
VIRTUAL**

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.

ZUMBA

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

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

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.

PILATES

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.

BOXFIT

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!

**Stronger4Life
CHALLENGE**

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.**

**Stronger4Life
MOBILITY**

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.**

HIIT EXPRESS

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!

HIIT45

Like a challenge? This 45min intense group fitness class workout that is designed to challenge you both physically and mentally. **HIIT** 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.

CORE EXPRESS

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!

TEEN GYM

Teen Gym 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.**

AQUA AEROBICS

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.

ABT EXPRESS

Abs, Bums & Thighs! This strength endurance class is designed 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.

STRETCH RELEASE

Our new **Stretch & Release** class is a comprehensive class to help improve your range of movement, improve & maintain flexibility, which will help with alignment, and iron out any stiffness you may have from your activities of daily life. A range of floor work provided under the guidance of our experienced instructors, to help you move better.



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.