

GROUP FITNESS TRAINING TIMETABLE



Cnr Wingewarra & Brisbane St Dubbo

Phone: 6884 1777

Email: rsihealthclub@dubborisl.com.au

Web: www.rsihealthclub.com.au

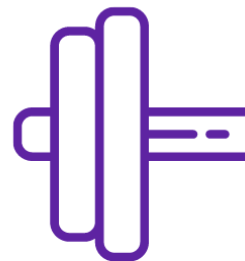



ALL CLASSES ARE 45 MINS UNLESS SPECIFIED

OPEN MON-WED 5:30AM-9PM THUR-FRI 5:30AM-8PM SAT-SUN 7:30AM-3PM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM 6:30AM 30MIN	BOOTCAMP Carmen	HIIT Lisa	CARDIO BOXING Ji	FTA Lisa	SPIN MIX SPIN MIX Carmen 7AM PILATES Sue 45 MIN	8:15AM FTA Ji	
	BOOTCAMP Carmen	HIIT Lisa	CARDIO BOXING Ji	FTA Lisa	SPIN MIX SPIN MIX Carmen		
	BOOTCAMP Carmen	HIIT Lisa	CARDIO BOXING Ji	FTA Lisa	SPIN MIX SPIN MIX Carmen		
9:30AM	BOOTCAMP Carmen	SPIN MIX Lisa	B.A.T Ji	FTA Lisa	X TRAINING Aeddan	9AM FTA Ji	10AM BOOTCAMP Ji
11:00AM	RECHARGE CIRCUIT Aeddan		ZUMBA Tracy	RECHARGE CIRCUIT Aeddan	ZUMBA TONING Tracey		YOGALATES 60 MIN Sue
12:30PM	FTA Ji	AQUA Lisa	PILATES Sue	FTA Lisa		SUPERVISED JUNIORS ROOM OPEN: 9AM – 1:30PM MONDAY – FRIDAY BOOKINGS ESSENTIAL LET US LOOK AFTER YOUR KIDS, WHILE YOU DO YOU! FREE to Members From \$4 Casual Visitors/ Fitness Passport	
				AQUA ZUMBA Amanda			
4:45PM	RIPPED Lisa	FTA Ji	5:15PM 30 MIN BOOTCAMP Ji				
5:30PM	FTA Lisa	SPIN MIX Lisa	6:00PM 30 MIN BOOTCAMP Ji	STRENGTH Lisa			
6:30PM	AQUA Lisa	YOGA 60 MIN Sue	FTA Lisa				
			YOGALATES 60 MIN Sue				

TRAINING DESCRIPTIONS



	<p style="text-align: center;">COVID SAFE CHECK IN UPON ENTRY</p> <ul style="list-style-type: none"> • PROOF OF DOUBLE VACCINATION, QR CODE CHECK IN & MASKS MUST BE WORN • MAX 20 PEOPLE PER CLASS – Please bring you own Towel, Mat & Drink Bottle • SOCIAL DISTANCING, KEEP 1.5M FROM OTHER MEMBERS WHERE POSSIBLE • EQUIPMENT IS CLEANED FREQUENTLY, PLEASE SANITISE HANDS REGULARY • WIPE DOWN EQUIPMENT BEFORE AND AFTER USE <p>Please note: Different instructors have unique styles and techniques. Therefore, classes may differ depending on the trainer.</p>
BOOTCAMP	Bootcamp is a group based workout, focusing on gaining strength and toning muscle while increasing your metabolism to a heightened state. We incorporate body weight & team games using various equipment- tyres, ropes, ladders, medicine/slam balls.....
RIPPED	A dynamic workout incorporating functional movement, resistance & cardio training in a variety of formats created to burn fat, tone & build lean muscle.
CROSS TRAINING	Like to try a bit of everything? This class combines different group exercise formats to create a cross training effect. It's designed to tone muscles, develop cardiovascular fitness and burn lots Of calories!
STRENGTH	The premier class with muscle! Your alternative to a workout in the gym. A rapid fat burning class that uses weights to give you the fastest way to define and condition every muscle. Strength = Weights and Body weight class
RECHARGE	A safe, fun gentle exercise routine for the "young at heart". A low impact class integrating aerobic exercise for heart fitness, resistance training for strength and stability, stretching and mobility work.
SPIN MIX	A class combining the use of spin bikes as well as traditional strength training designed to help improve your overall fitness and strength.
YOGA & PILATES	Yoga: Ultimate mind and body workout, stretching muscles, creating strength and mental focus. Pilates: Low impact exercise that tones, elongates and sculpts muscles, plus improves core strength, flexibility, co-ordination, & posture. ZEN MEDITATION- EXERCISE FOR THE MIND.
ZUMBA	F for FUN! Zumba is the highly popular, Latin inspired dance fitness workout to sexy, high energy music. Suitable for all ages. Zumba Toning – combination of Zumba moves and Weights. Aqua Zumba is in the pool.
HIIT	HIIT is a 45min mix of high intensity Cardio and Strength exercises improving your cardiovascular fitness, muscle endurance, plyometric co-ordination and more by spiking the heart rate with minimal rest.
FTA	Functional Training challenges Strength, Balance, Agility and Core Muscles using The Rig, Ski Rig, Assault Bikes, Sleds, Tires and more. All in our New Functional Training Area.
CARDIO BOXING	Float like a butterfly sting like a bee...Strike, punch and kick your way to superior fitness levels in this high intensity, full body workout, Dynamic drills and great combinations to significantly improve strength, speed, coordination, Agility and endurance. Bring your own Boxing gloves and Inners & Wearing wrist wraps is recommended and available at reception.
POSTURE PERFECT	Poor posture can have a negative effect on not only your appearance but also your health! This class offers a variety of exercises specifically designed to correct posture and strengthen the posterior chain.
B.A.T	Butt, abs and thighs! Focusing purely on strengthening your Butt, Abs and Thighs using a combination of strength, enhancing and muscle toning exercises. Time to get that peach bum you've always wanted!
AQUA	A class that uses water as resistance for a non-weight bearing workout! It's suitable for all levels of fitness and works every part of the body with minimal impact on joints. Great for rehabilitation.