

DUBBO RSL AQUATIC AND HEALTH CLUB

GROUP FITNESS TRAINING

TIMETABLE

TRADING HOURS:

Monday – Thursday:

5:30am – 9pm

Friday: 5:30am – 8pm

Saturday: 7:30am – 4pm

Sunday: 8am – 3pm

ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE SPECIFIED

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	BOOTCAMP Carmen	HIIT Lisa	CARDIO BOXING Ji	FTA Lisa	SPIN MIX Carmen	7:30AM PILATES Sue	
						8:15AM FTA Ji	
9:30AM	BOOTCAMP Carmen	SPIN MIX Lisa	B.A.T Ji	FTA Lisa	X TRAINING Ji	9:00AM FTA Ji	10AM BOOTCAMP JI
11:00AM	RECHARGE CIRCUIT JI	HEALTHY HEARTS Lisa	ZUMBA Tracy	RECHARGE CIRCUIT Lisa & Monique			YOGALATES 60 MIN Sue
12:30PM	12PM TONING w/ Zumba Tracy	AQUA Lisa		FTA Lisa			
	12:30PM FTA Ji						
4:45PM	BURN Andrew	FTA Lisa		CYCLE Brenda			
5:30PM	FTA Lisa	SPIN MIX Lisa	BOOTCAMP JI	STRENGTH Lisa	BOOTCAMP Andrew		
	PILATES Andrew						
6:30PM	AQUA Lisa		FTA Lisa	AQUA Lisa			
			YOGALATES 60 MIN Sue				

**SUPERVISED
JUNIORS ROOM**

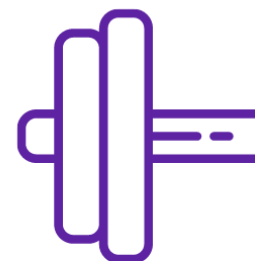
OPEN

Monday-Friday
9am-12pm

**FREE TO ALL RSL
HEALTH CLUB
MEMBERS**

\$4 FOR ALL FITNESS
PASSPORT
MEMBERS & CASUAL
GUESTS

TRAINING DESCRIPTIONS



<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.....
BURN	A dynamic workout incorporating functional movement, resistance & cardio training in a variety of formats created to burn fat, tone & build lean muscle.
X 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 / HEALTHY HEARTS	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.
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!
POWER	Pump it up with Andrew in an all over power weights workout - a rapid fat burning class that uses barbells and a step platform to give you the fastest way to define and condition every muscle.
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.



Dubbo RSL Aquatic and Health Club
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