



GROUP X

TIMETABLE

TRADING HOURS:

Monday – Thursday: 5:15am –9pm

Friday: 5.15am-8pm

Saturday: 7:30am – 5pm

Sunday: 8am – 3pm

ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE SPECIFIED

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---------------------------|---|---------------------------|-------------------------------|-------------------------|--|----------------------------|
| 5:45AM | BOOTCAMP Carmen | STRENGTH Lisa | CARDIO BOXING Ji | FTA Lisa | Spin Mix Carmen | 7:30AM PILATES Sue | |
| 6:30AM | BOOTCAMP Carmen | STRENGTH Lisa | VINYASA YOGA Maddie | FTA Lisa | YOGA Maddie | 8:15AM FTA Ji | |
| 9:30AM | BOOTCAMP Carmen | STRENGTH Lisa | B.A.T Ji | FTA Lisa | BOOTCAMP Ji | 9:00AM FTA Ji | 10AM BOOTCAMP Ji |
| 11:00AM | RECHARGE CIRCUIT Ji | HEALTHY HEARTS Rickky | 11:15 ZUMBA Tracy | RECHARGE CIRCUIT Rickky | | | YOGALATES 60 MIN Sue |
| 12:30PM | | 12PM AQUA Zumba | | FTA Lisa | 1.30PM AQUA Zumba | SUPERVISED JUNIORS ROOM OPEN Monday-Friday 9am-12pm FREE TO ALL RSL HEALTH CLUB MEMBERS <u>\$4 FOR ALL FITNESS PASSPORT MEMBERS & CASUAL GUESTS.</u> Yearly Juniors Room Membership from \$99 | |
| 4:45PM | HIIT Ji | FTA Lisa | FTA Lisa | Cycle Brenda | BOOTCAMP Rickky | | |
| 5:30PM | FTA Lisa | Spin Mix Lisa | BOOTCAMP Ji | STRENGTH Lisa | | | |
| | Yogalates Sue | | | | | | |
| 6:15PM | AQUA Lisa | FUNCTIONAL MOVEMENT Clint 60 MIN | B.A.T Ji | ZUMBA Tracy | | | |
| | | | | AQUA Lisa | | | |

TRAINING DESCRIPTIONS

**PLEASE NOTE: DIFFERENT INSTRUCTORS HAVE UNIQUE STYLES AND TECHNIQUES.
THEREFORE, CLASSES MAY DIFFER DEPENDING ON THE TRAINER.**

| | |
|---------------------------|---|
| 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..... |
| FTA | Functional Training challenges Strength, Balance, Agility and core Muscles using The Rig, Ski Rig, Assault Bikes, Sleds, Tires and more. |
| 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. |
| 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 |
| 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! |
| SPIN MIX | A Bit on the Bike a Bit Off the Bike- combining the use of spin bikes as well as traditional strength training designed to help improve your overall cardio fitness and strength. |
| 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. |
| 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. |
| VINYASA YOGA | Vinyasa is an approach to yoga in which you move from one pose directly into the next. There's a flow to a Vinyasa yoga session, though the specific poses and the pace of the flow vary from one instructor to the next. |
| FUNCTIONAL MOVEMENT | A class that focuses on mobility, stability, and flexibility to improve your range of motion and your posture while alleviating some everyday aches and pains. You'll also decrease muscle tension, reduce risk of injury, boost blood circulation, and recover faster in between workouts. |
| 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. |
| 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. |
| 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. |



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