

GROUP FITNESS TIMETABLE

GROUP FITNESS RETURNING MONDAY
6TH JANUARY 2025.

ALL AQUA & ZUMBA CLASSES RETURNING WEEK COMMENCING
MONDAY 13TH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	BOOTCAMP CARMEN	STRENGTH LISA	CARDIO BOXING JI	FTA LISA	SPIN MIX CARMEN	7:30AM PILATES SUE	
6:15AM	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 RUBY	9:00AM FTA JI	10:00AM BOOTCAMP JI
11:00AM	RECHARGE CIRCUIT JI	HEALTHY HEARTS RUBY	11:15AM ZUMBA	RECHARGE CIRCUIT RUBY			11:00AM YOGALATES SUE 60 MIN
12:30PM				FTA LISA			
1:30PM		AQUA ZUMBA	AQUA ZUMBA		AQUA ZUMBA		
4:45PM	HIIT JI	FTA LISA	FTA LISA	CYCLE BRENDA	FTA RUBY		
5:30PM	FTA LISA	SPIN MIX LISA	BOOTCAMP JI	CROSS TRAINING LISA			
	YOGALATES SUE						
6:15PM	AQUA LISA	FUNCTIONAL MOVEMENT CLINT 60 MIN		AQUA LISA			
				ZUMBA			

TRADING
HOURS:
MONDAY -
FRIDAY
5:15AM-9PM
SATURDAY
7:30AM-5PM
SUNDAY
8AM-3PM

JUNIORS
ROOM
OPEN:
MONDAY -
FRIDAY
9am-12pm

Free
supervised
Juniors
Room for all
RSL
Members.
\$6 for all
Fitness
Passport
and Casual
Visitors

ALL CLASSES 45 MINUTE SESSIONS UNLESS STATED OTHERWISE



FEELGOOD SOCIETY
Dubbo RSL Aquatic and Health Club

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TRAINING DESCRIPTIONS

BOOTCAMP	Bootcamp is an intense, group-based workout focused on building strength, toning muscles, and accelerating metabolism. It integrates bodyweight exercises with high-performance training using equipment such as tires, ropes, ladders, and medicine/slam balls, pushing you to your limits for maximum results.
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 45-minute, high-intensity workout that blends cardio and strength exercises to enhance cardiovascular fitness, muscle endurance, plyometric coordination, and more. By elevating the heart rate with minimal rest, it maximizes intensity for rapid, full-body conditioning.
STRENGTH	This strength training class focuses predominately on technique, building muscle and increasing muscular endurance through weight based exercises. Participants will perform 3-4 sets per exercise using a combination of dumbbells, barbells, fit balls and bands.
B.A.T	Butt, Abs, and Thighs is a targeted workout designed to sculpt and strengthen your lower body. Using a combination of strength, toning, and muscle-enhancing exercises, this class focuses exclusively on shaping your glutes, abs, and thighs. Get ready to build that sculpted, peachy bum you've always desired!
SPIN MIX	"A Bit on the Bike, A Bit Off the Bike" - Spin Mix combines high-intensity spin bike intervals with traditional strength training. The spin segments focus on building cardio endurance and leg strength, while off-the-bike exercises target full-body muscle toning and overall strength. This balanced workout boosts both cardiovascular fitness and muscular power for a complete, high-energy session
CARDIO BOXING	Unleash your power in this high-intensity cardio boxing class designed to take your fitness to the next level. Through dynamic drills and powerful combinations, you'll improve strength, speed, coordination, agility, and endurance, while torching calories in a full-body workout. Bring your own boxing gloves and hand wraps (recommended), or pick up wrist wraps at reception.
PILATES	Pilates is a low-impact workout that tones and sculpts muscles, with a focus on core strength, flexibility, coordination, and posture. It improves body alignment, stability, and overall muscle endurance, promoting a balanced, strong, and injury-resistant body.
YOGA	Yoga is a holistic mind-body workout that stretches and strengthens muscles while enhancing flexibility, balance, and mental focus. Through mindful movement and breathwork, it reduces stress, improves posture, and promotes overall well-being, leaving you feeling centered and empowered.
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	Functional Movement is a class designed to enhance mobility, stability, and flexibility, improving your range of motion and posture while relieving everyday aches and pains. It helps reduce muscle tension, lower the risk of injury, boost circulation, and accelerate recovery between workouts. Perfect for enhancing overall movement and supporting long-term physical health.
RECHARGE /HEALTHY HEARTS	A safe, enjoyable exercise class designed for the "young at heart." This low-impact routine combines aerobic exercise to improve heart health, resistance training to build strength and stability, and gentle stretching and mobility work to enhance flexibility and movement. It's a fun, supportive way to stay active, boost vitality, and improve overall well-being at any age.
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.