

GROUP FITNESS TIMETABLE



| 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 |
| 1:30PM | | AQUA ZUMBA | <u>AQUA ZUMBA</u> | | AQUA ZUMBA | | |
| 4:45PM | HIIT JI | FTA LISA | FTA LISA | CYCLE BRENDA | BOOTCAMP RUBY | JUNIORS ROOM OPEN: MONDAY - FRIDAY 9AM-12PM FREE SUPERVISED JUNIORS ROOM FOR ALL RSL MEMBERS. \$6 FOR ALL FITNESS PASSPORT AND CASUAL VISITORS | |
| 5:30PM | FTA LISA | SPIN MIX LISA | BOOTCAMP JI | CROSS TRAINING LISA | | | |
| | YOGALATES SUE 60 MIN | | | | | | |
| 6:15PM | AQUA LISA | FUNCTIONAL MOVEMENT CLINT 60 MIN | | AQUA LISA | | | |
| 6:30PM | ZUMBA | | | ZUMBA | | | |

ALL CLASSES 45 MINUTE SESSIONS UNLESS STATED OTHERWISE

Dubbo RSL Aquatic and Health Club

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OPEN 7 DAYS A WEEK
MONDAY - FRIDAY: 5:15AM-9PM
SATURDAY: 7:30AM-5PM
SUNDAY: 8AM-3PM

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| 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 | Recharge is a safe and enjoyable circuit-style workout designed for the young at heart. This low-impact class combines aerobic exercises 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 and supportive way to stay active, boost vitality, and improve overall well-being at any age. |
| HEALTHY HEARTS | Healthy Hearts is a stationary class focused on building strength and improving heart health. Through controlled and effective movements, this class helps enhance muscle tone, stability, and overall endurance in a safe and supportive environment. It’s the perfect way to maintain fitness, build confidence, and keep your heart strong. |
| 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. |
| 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! |