



# Group Fitness Timetable

Class times may vary due to events or public holidays.  
For the latest group fitness timetable visit [hbfstadium.com.au](http://hbfstadium.com.au)

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## Aquatic Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45am - 8:15am Aqua Express	7:45am - 8:15am Aqua Express	7:45am - 8:15am Aqua Express	8:30am - 9:15am Aqua Fitness	6:00am - 6:45am Aqua Fitness	8:30am - 9:15am Aqua Fitness	8:30am - 9:15am Aqua Fitness
8:30am - 9:15am Aqua Fitness	8:30am - 9:15am Aqua Fitness	8:30am - 9:15am Aqua Fitness	9:30am - 10:15am Aqua Fitness	7:45am - 8:15am Aqua Express	9:30am - 10:15am Aqua Fitness	9:30am - 10:15am Aqua Fitness
9:30am - 10:15am Aqua Fitness	9:30am - 10:15am Aqua Fitness	9:30am - 10:15am Aqua Fitness		8:30am - 9:15am Aqua Fitness		
				9:30am - 10:15am Aqua Fitness		
7:15pm - 8:00pm Aqua Fitness						

## Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 6:45am RPM 45		6:00am - 6:45am RPM 45		6:00am - 6:45am RPM 45	8:45am - 9:30am RPM 45	
8:45am - 9:15am Cycle Express				9:15am - 10:00am RPM 45		

## Evolve Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am - 10:15am Pilates Matwork	8:30am - 9:15am Pilates Matwork	9:30am - 10:15am Pilates Matwork	8:30am - 9:25am Yoga	8:30am - 9:15am Pilates Matwork	7:45am - 8:30am Pilates Matwork	
10:30am - 11:15am Stretch & Flex	9:30am - 10:25am BODYBALANCE	10:30am - 11:30am Pilates Matwork	9:30am - 10:15am Get Active	10:05am - 10:35am Stretch & Flex	9:45am - 10:45am BODYBALANCE	
6:15pm - 7:15pm BODYBALANCE	10:30am - 11:30am Get Active	6:30pm - 7:30pm BODYBALANCE	10:30am - 11:30am Pilates Matwork	10:40am - 11:40am Pilates Matwork	11:00am - 12:00pm Yoga	
	6:30pm - 7:30pm Pilates Matwork		6:30pm - 7:30pm Pilates Matwork			

## Group X Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am - 6:15am Max NRG Express	5:45am - 6:45am BODYPUMP	5:45am - 6:15am Max NRG Express	5:45am - 6:45am BODYPUMP	5:45am - 6:30am Max NRG	7:00am - 7:45am MAX NRG	8:30am - 9:25am BODYPUMP
6:15am - 6:45am CORE	8:45am - 9:15am CORE	6:15am - 6:45am CORE	8:45am - 9:15am CORE	8:30am - 9:15am BODYPUMP 45	8:00am - 8:30am CORE	9:30am - 10:00am CORE
7:45am - 8:30am PWR Pilates	9:30am - 10:15am Zumba	7:45am - 8:30am PWR Pilates	9:30am - 10:15am Pilates	9:30am - 10:15am BODYBALANCE	8:30am - 9:25am BODYPUMP	10:15am - 11:15am Pilates Matwork
8:35am - 9:20am Pilates Matwork	10:30am - 11:30am BODYPUMP	8:35am - 9:20am BODYPUMP 45	10:30am - 11:30am BODYPUMP	10:30am - 11:25am Zumba Gold	9:30am - 10:15am BODYSTEP 45	
9:30am - 10:25am BODYPUMP	12:30pm - 1:15pm PWR Pilates	9:30am - 10:00am CORE	12:30pm - 1:15pm PWR Pilates	12:30pm - 1:00pm Max NRG Express	10:30am - 11:30am Pilates Matwork	
10:30am - 11:30am BODYSTEP	5:30pm - 6:30pm BODYSTEP	10:00am - 11:00am BODYBALANCE	5:30pm - 6:00pm CORE			
12:30pm - 1:30pm Pilates Matwork	6:30pm - 7:15pm Max NRG	12:30pm - 1:15pm BODYPUMP 45	6:00pm - 6:30pm Max NRG Express			
4:15pm - 5:00pm TEEN FIT Teens only		4:15pm - 5:00pm TEEN FIT Teens only				
5:00pm - 5:30pm Max NRG Express		5:30pm - 6:00pm Metafit				
5:30pm - 6:00pm CORE		6:30pm - 7:30pm BODYPUMP				
6:15pm - 7:15pm BODYPUMP						

# Class descriptions

## AQUA

Water supports 50% of your body weight so less stress is placed on your joints, making it ideal for all fitness levels, pregnancy and rehabilitating exercisers.

While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system.

Aqua Fitness classes are performed in deep water with Aqua belts and focus on increasing and maintaining fitness and strength with the option of using our aqua equipment such as noodles, dumbbells and discs to add extra resistance. This fitness challenge demands higher activation of core muscles, postural alignment and muscular endurance. This workout will leave you fit, strong and more energised. 30 Minute EXPRESS classes available over summer.

## CARDIO

**METAFIT™ HIIT** Created by a former Royal Marine Commando, Metafit HIIT combines traditional bodyweight exercises with the latest high intensity interval training (HIIT) techniques to set the metabolism on fire! 30 minute EXPRESS format.

**BODYSTEP™** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**Get Active** Classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. Classes aimed at seniors and injury recovery or rehab.

**ZUMBA®** Party yourself into shape. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. ZUMBA® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

**ZUMBA® Gold** is perfect For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

## CYCLE

**RPM™** is an indoor cycling class set to motivating music. It burns major calories and gets you fit using simulated climbs and sprints. Instructors show you the basic cycling moves of standing and sitting, changing

hand positions, speeding up slowing down. You control your resistance levels and speed, so you can build your training level over time. RPM™ comes in 45 and Express 30 minute formats.

## MIND AND BODY

**BODYBALANCE™** is the yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

**Pilates Matwork** Pilates focuses on strengthening the core through stretching and breathing exercises. It creates a balance in the body that leads to physical and mental relaxation.

**Stretch and Flex** is a flexibility based class designed to relax and rejuvenate your body, with use of some yoga teachings, core strength and basic stretching.

**Yoga** Develop strength, mobility and stability as you are guided through postures by expert instructors. We teach you about body discipline and mental stability allowing you to challenge the body whilst relaxing the mind. Suitable for all ages and fitness levels, yoga is perfect for beginners, experienced yogis or anyone looking to incorporate a mind and body routine into their fitness regime.

**Iyengar Yoga**, a form of Hatha yoga is based on giving primacy to the physical alignment of the body in the poses. Iyengar Yoga classes use blankets, blocks, straps, pillows, chairs, and bolsters to assist with ideal alignment.

**PWR Pilates** is a 45 minute class where you'll do Matwork exercises with props for added resistance such as loop bands, dumbbells and more. This class is a powerful Pilates based full body strength workout.

## SCULPT AND STRENGTHEN

**BODYPUMP™** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and instructors and your choice of weight inspire you to get the results you came for – and fast!

**CORE** Exercise muscles around the core - to make you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together. All the moves in CXWORX™ have options, so it's challenging but achievable for every level of fitness.

**Max NRG** An intermediate/advanced fat burning workout that takes you through a variety of cardio and strength training exercises to maximise your calorie output. This circuit style class builds strength, endurance and stamina. Please note a moderate level of fitness is required for this class.

## TEENS ONLY

**TEEN FIT** A dedicated class for teens. Teen Fit teaches correct exercise techniques in a gym environment. It also develops teen knowledge of fitness through resistance training, cardio and circuit training under the supervision of our fitness staff.

# Casual visits

Enjoy our facilities without committing to a membership, with our casual pay as you go options. Just visit reception upon arrival for your pass and you're off - it's that simple.

	Adult	10 Visit	Conc.	10 Visits
Group Fitness Classes	\$18.00	\$162.00	\$16.20	\$145.80
Express	\$13.65	-	\$12.29	-

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# Terms and conditions

By entering the venue you agree to abide by the terms and conditions and conditions of entry set by VenuesWest. To view or obtain a copy please see reception.

Looking for your class time?

Check out the group fitness timetable online at hbfstadium.com.au

Our new online timetable gives you the most up-to-date daily schedule of classes, including Public Holiday timetables. You can also filter classes to easily find class types: cardio, mind and body, strength, cycle, aqua and teen only.

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