

## April Timetable (2nd - 30th April 2024)

**Staffed Hours:** Monday to Thursday 5am – 8.30pm  
Friday 5am – 7pm Saturday & Sunday 7am – 6.30pm  
**\*\*Public holiday staffed hours differ**

**Crèche Hours** Monday to Friday 8:15am – 11:45am  
Saturday 7.30am - 11:45am  
**\*\*Creche closed public Holidays**

**Chasing better results from your training?  
Need some structure for your sessions?  
Book in for a personalised program - Only \$99!**  
*\*See reception for details*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5:10am AND 6.00am</b> SGT METCON (45mins) Mirka/FP	<b>5.45am</b> Box Circuit (45mins) Teresa/GFS	<b>5.10am</b> SGT METCON (45mins) Jess/FP	<b>5:45am</b> Les Mills Body Pump (45mins) Dan/GFS		
<b>5.45am</b> Body Pump (1hr) Amanda P/GFS	<b>5:30am</b> HIIT (30mins) Hilary/GFS	<b>5:45am</b> Les Mills RPM (45mins) Amanda P/CS	<b>5:45am</b> Les Mills RPM (45mins) Lisa/CS	<b>5:45am</b> Les Mills RPM (45mins) Phil S/CS	<b>7:15am</b> Les Mills RPM (45mins) Nicole/CS	
<b>5.45am</b> Les Mills RPM (45mins) Donna/CS	<b>5:45am</b> Les Mills RPM (45mins) Sarah/CS	<b>5.45am</b> Pilates (45mins) Andrea/YPS	<b>6.00am</b> Circuit (45mins) Jess/GFS	<b>6:00am</b> Pilates (45mins) Rheanne/YPS	<b>7:30am</b> SGT PARTNERED METCON (55mins) Jess/FP	
<b>8:45am</b> HIIT (30 mins) Mirka/GFS	<b>5.45am</b> Hot Pilates (45mins) Andrea/YPS	<b>9:00am</b> HIIT (30 mins) Hilary/GFS	<b>8:45am</b> Box Circuit (45 mins) Alex/GFS	<b>8:45am</b> HIIT (30mins) Jess/GFS	<b>8:00am</b> Circuit (45mins) Mirka/GFS	
<b>9:00am</b> Pilates (45 mins) Peri/YPS	<b>7.00am</b> Circuit (45mins) Mirka/GFS	<b>9.15am</b> SGT METCON (45mins) Mirka/FP	<b>9.00am</b> SGT STRENGTH (45mins) Nancy/FP	<b>9.15am</b> SGT METCON (45mins) Lexi/FP	<b>8:15am</b> Les Mills RPM (45mins) Phil/CS	<b>9.00am</b> Zumba (1hr) Jamie/GFS
<b>9.15am</b> SGT METCON (45mins) Lexi/FP	<b>8:45am</b> ABT (30 mins) Jess/GFS	<b>9.15am</b> Power Yoga Rocket/YPS	<b>9:35am</b> Les Mills Body Pump (1hr) Alex/GFS	<b>9:30am</b> Les Mills Body Step (1hr) Donna/GFS	<b>9:00am</b> Aqua (45mins) Mirka/Pool	<b>9:00am</b> Yoga (1hr) Sandra/YPS
<b>9.30am</b> Les Mills Body Attack (1hr) Adam/GFS	<b>9:30am</b> Les Mills Body Attack (1hr) Donna/GFS	<b>9:35am</b> Les Mills Body Pump (1hr) Hilary/GFS	<b>9:35am</b> Pilates (45mins) Jess/YPS	<b>9:30am</b> ABT (30 mins) Jess/YPS	<b>9:00am</b> Body Blitz (30mins) Jess/YPS	
<b>9:30am</b> Les Mills RPM (45mins) Nicole/CS	<b>9:30am</b> Pilates (45 mins) Mirka/YPS	<b>10:30am</b> Pilates (45 mins) Peri/YPS	<b>10:45am</b> Les Mills Body Balance (1hr) Sarah/YPS	<b>9:30am</b> Freestyle Cycle (45mins) Emily/CS	<b>9:30am</b> Les Mills Body Attack (1hr) Trudy/GFS	
<b>10.15am</b> Aqua (45mins) Mirka/Pool	<b>10:30am</b> Pilates (45 mins) Mirka/YPS		<b>10.45am</b> Aqua (45mins) Alex/Pool	<b>10:15am</b> Hot Yoga (1hr) Peggy/YPS	<b>9.35am</b> Pilates (45 mins) Jess/YPS	
<b>10.30am</b> Yoga (1hr) Brigitte/YPS	<b>10:35am</b> Les Mills Body Pump (1hr) Donna/GFS				<b>10:30am</b> Pilates (45mins) Mirka/YPS	
<b>1.15pm</b> Pilates (45mins) Mirka/YPS	<b>5:15pm</b> Cardio Blast (30 mins) Mary/GFS		<b>1.15pm</b> Pilates (45mins) Rheanne/YPS		<b>10.40am</b> Yoga (1hr) Phil K/GFS	
<b>5.25pm</b> HIIT (30mins) Nancy/GFS	<b>5.30pm</b> Aqua (45mins) Alex/Pool	<b>5.25pm</b> HIIT Cycle (30mins) Sandy/CS	<b>5:15pm</b> Box Circuit (45 mins) Julie/GFS	<b>5:15pm</b> Zumba (1hr) Melitta/YPS		<b>3:45pm</b> Hot Power Yoga (1hr) Rocket/YPS
<b>6.00pm</b> Functional Core (30mins) Nancy/YPS	<b>5.30pm</b> SGT STRENGTH (45mins) Nancy/FP	<b>5:25pm</b> HIIT (30 mins) Nancy/GFS	<b>5.30pm</b> Aqua (45mins) Alex/Pool	<b>5:30pm</b> Pilates (45mins) Toula/GFS	<b>4:00pm</b> Les Mills Body Pump (1hr) Sandy or Phil S/GFS	<b>5:00pm</b> Yin Yoga (1hr) Rocket/YPS
<b>6.00pm</b> Les Mills RPM (45mins) Sandy/CS	<b>6:00pm</b> RPM (45mins) Donna/CS	<b>6:00pm</b> ABT (30 mins) Nancy/YPS	<b>6:00pm</b> Les Mills RPM (45mins) Phil/CS			<b>5:00pm</b> Les Mills RPM (45mins) Donna/CS
<b>6:00pm</b> Les Mills Body Step (1hr) Donna/GFS	<b>6:00pm</b> Les Mills Body Pump (1hr) Phil S/GFS	<b>6:00pm</b> Les Mills Body Step (1hr) Donna/GFS	<b>6:15pm</b> Hot Yoga Slow Flow (1hr) Tyler/YPS			
<b>6.45pm</b> Zumba (1hr) Narelle/YPS	<b>6.15pm</b> Pilates (45mins) Jess/YPS	<b>6:45pm</b> Hot Yoga Intermediate (1hr) Rocket/YPS	<b>6:05pm</b> Les Mills Body Pump (1hr) Sandy/GFS			
<b>7:10pm</b> Yoga (1hr) Phil K/GFS	<b>7:05pm</b> Les Mills Body Balance (1hr) Sarah/GFS	<b>7:10pm</b> Les Mills (1hr) Body Pump Phil S/GFS	<b>7:10pm</b> Yoga (1hr) Phil K/GFS			

# Class Descriptions

**LES MILLS**

<b>Class bookings</b>	Class bookings open from 48 hours prior to class. Simply register via <a href="https://activelifefitness-evertonhills.yepbooking.com.au/">https://activelifefitness-evertonhills.yepbooking.com.au/</a>
<b>Pilates &amp; Hot Pilates</b>	A low-impact, core-focused workout to strengthen and lengthen your muscles. Fantastic for total body sculpting and suitable for any age and fitness level. *Hot Pilates heated to approx. 35 degrees
<b>Yoga</b>	A treat for the mind, body and soul. Yoga is renowned for increasing flexibility and improving your posture. Learn easy relaxation methods including controlling breath flow.
<b>Hot Yoga</b>	Invigorate your senses by participating in a beautiful Yoga flow in our heated studio – between 28 and 35 degrees. You'll stretch your body and re-set your mind, all while you gain the absolute most from your poses and push your limits.
<b>Yin Yoga</b>	Yin is a deep practice that focuses on stretching, recovery and relaxation. The 60-minute class places you in postures for 3-5 minutes, allowing the muscles, fascia, tendons and ligaments, to stretch and release. It is the perfect complementary practice to power yoga, strength training and all other forms of sport and physical activity.
<b>Power Yoga</b>	A stronger practice, Power Yoga streamlines your body and works to build and strengthen your muscles. This powerful class sculpts, stretches and tones, and can be an effective tool to aid in weight loss and get the metabolism firing. Come along to challenge your limits and find your centre.
<b>Les Mills RPM</b>	RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the hills, flats, time trials and interval training at your own level with adjustable resistance. The pure energy of this class will keep your legs spinning, from beginners to the most advanced cyclists.
<b>HIIT Cycle/ Freestyle Cycle</b>	30minutes (HIIT) or 45minutes (Freestyle) of high energy cycling. Spin is designed to get results, keeping it low impact but reaping all the cardio benefits and engaging those leg and core muscles! Climb hills, sprint along flats and enjoy the ride.
<b>Cardio Blast</b>	Not for the faint-hearted, get your blood pumping in this 30-minute cardio workout. Designed to ensure maximum calorie burn! Keep your body guessing with this innovative class intended to push you to your limits.
<b>Functional Core</b>	Strengthen and tone your mid-section using functional movements and small equipment. With a spicy abdominal burner to finish, you will certainly feel that core working in this 30-minute class!
<b>Box Circuit &amp; Circuit</b>	Box Circuit incorporates partnered boxing work and other cardio exercises. Circuit is a combination of cardio and strength-based training. Both great for fat-burning, toning, improving fitness and strength. You'll be sure to get results from these high energy classes. Get ready to whip your body into shape.
<b>Les Mills Body Pump</b>	BODY PUMP is the original barbell class that strengthens your entire body. A 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.
<b>Les Mills Body Balance</b>	BODY BALANCE is a Yoga, Tai Chi and Pilates fusion that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing and a carefully structured series of stretches, moves & poses to music create a holistic workout involving a state of harmony & balance.
<b>Les Mills Body Attack</b>	BODY ATTACK is the sports inspired cardio workout for building strength and stamina. The high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. This energetic cardio class will launch you towards your fitness goals.
<b>Les Mills Body Step</b>	BODY STEP is the energetic step workout that makes you feel alive. Using height adjustable steps and simple movements involving cardio blocks; this high energy class will push your fat burning systems into high gear, followed by muscle conditioning tracks that shape and tone your body.
<b>HIIT</b>	<b>High Intensity Interval Training</b> – a short sharp class that will really make you sweat! Push the intensity and increase cardiovascular fitness in 30 minutes.
<b>ABT (Abs, Butt &amp; Thighs)</b>	Tone your tummy, tighten your toosh and strengthen those thighs – a low impact class that works to tone and sculpt with particular focus on the abs, butt and thighs. 30 minutes of work – get the most bang for your buck.
<b>Booty Blitz</b>	Sculpt your booty and lower body in this 30-minute burner. Using resistance bands, ankle weights and 'magic circles' you will tighten and tone your lower body while working toward those buns of steel!
<b>Aqua &amp; Aqua Express</b>	Sculpt, tone and shape your body in this fun and low impact cardio workout. Using both the water and specific aqua equipment for resistance, you will work hard whilst keeping cool. Aqua = 45mins. Aqua Express = 30mins.
<b>Zumba</b>	<b>ZUMBA®</b> is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
<b>*Small Group Training (SGT)</b> 'MetCon' 'Strength' 'Partnered MetCon'	*Additional charge Our Small Group Training (SGT) sessions are created so you can experience true fitness. (Metabolic Conditioning (MetCon), Strength or Partnered Metcon. Functional Fitness classes led by our Personal Trainers and designed to be different, every workout is a challenge. You won't believe what you are capable of until you try! <b>BOOKINGS ESSENTIAL. MAX 12 PEOPLE PER SESSION. FIRST SESSION FREE</b>
<b>'Red Flagged' classes</b>	Group Fitness classes with lower attendance. To see these classes remain on the timetable, vote with your feet by booking in and coming along! For suggestions of alternate times and class styles, please chat to Reception.