

GROUP FITNESS CLASSES

TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	SHRED 06:00 – 06:45						
09:00am	NIFTY FIFTIES 09:00 – 09:45			STRENGTH 09:00 – 09:45	NIFTY FIFTIES AEROBICS 09:00 – 09:45		
16:30pm	TEEN GYM 16:30 – 17:30		TEEN GYM 16:30 – 17:30				
18:15pm	ABT's 18:15 – 19:00		TOTAL TONE 18:15 – 19:00	BOXFIT 18:15 - 19:00			
19:00pm							

GROUP FITNESS CLASSES

DESCRIPTIONS

INSTRUCTOR LED CLASSES

ABT's: Abbs Butts and Thighs is a crowd favourite. This class is designed to target the lower body and core focusing on different large muscle groups and creating time under tension.

BOXFIT: Boxfit is a high-intensity cardio workout based on boxing techniques using gloves and pad work. Suitable for all levels, this non-contact workout will you improve your agility, strength and overall fitness.

NIFTY FIFTIES: is a combination of functional exercises, strength training and light cardiovascular exercises designed for 50 plus!

SHRED: A high intensity cardio filled classes, with minimal rest! It will leave you with those amazing post workout endorphins.

STRENGTH: A combination of slow movements and strength exercises to help with muscle growth, balance and coordination.

TEEN GYM: Teen gym is a supervised hour within the gym for teens aged 12 up to and including 16 years old.

TOTAL TONE: Is designed to tone every part of your body whilst working your mind and muscle connection. With separate exercises designed to target the lower body, upper body, and core.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	SHRED 06:00 – 06:45						
09:00am	NIFTY FIFTIES 09:00 – 09:45		BODY ATTACK	STRENGTH 09:00 – 09:45	NIFTY FIFTIES AEROBICS 09:00 – 09:45	BODY PUMP	
10:00am		CORE		BODY PUMP		CORE	
12:30pm	BODY ATTACK		BODY PUMP		BODY COMBAT		
16:30pm	TEEN GYM 16:30 – 17:30		TEEN GYM 16:30 – 17:30		BODY PUMP		
17:30pm	BODY BALANCE		BODY COMBAT				
18:15pm	ABT's 18:15 – 19:00	BODY COMBAT	TOTAL TONE 18:15 – 19:00	BOXFIT 18:15 - 19:00	CORE		
19:00pm		BODY PUMP		BODY BALANCE	BODY ATTACK		

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DESCRIPTIONS

LES MILLS SCHEDULED CLASSES

Les Mills Virtual classes feature cinematic-quality, pre-choreographed fitness programs that are shown on a massive screen in the Group Fitness Room

BODY PUMP: The original barbell class for building lean, athletic muscle through light to moderate weights and high repetitions.

BODY BALANCE: A low to moderate-impact, mind-body workout that blends elements of Yoga & Pilates

CORE: A workout focused on strengthening the core muscles for overall body stability and a chiseled waistline.

BODY ATTACK: A high-energy, moderate to high-intensity fitness class featuring athletic movements combined with strength training

BODY COMBAT: A high-energy, martial arts-inspired non-contact workout to build strength and fitness.

LES MILLS GRIT SERIES (Not scheduled)

Les Mills virtual GRIT classes are 30-minute, high-intensity interval training (HIIT) workouts designed to improve fitness, build lean muscle, and maximize calorie burn.

GRIT CARDIO: Improves cardiovascular fitness, increases speed, and maximises calorie burn. Utilises a variety of bodyweight exercises.

GRIT STRENGTH: Builds lean muscle and rapidly improves overall strength. A strength-focused HIIT workout.

GRIT ATHLETIC: Develops athleticism, explosive power, and speed. A plyometric-based workout designed to help you perform like an athlete.



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For class schedules and more, visit our group fitness timetable. For assistance, please call 8525 2149 or complete an enquiry form on our contact page at www.thefarmcentre.com.au