







GROUP FITNESS TIMETABLE

Effective Monday 11th October 2021

Ph: 8495 5005 | www.northernbeaches.nsw.gov.au

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|--|---|----------------------------------|--|--|
| HIIT 6.00am | HIIT 5.45am |  BODYPUMP 6.00am | Pilates 6.00am | HIIT 6.00am | | |
| | | | | Stability/ Strength 7.00am | | |
| | | | | Stability/ Strength 8.00am | HIIT 7:45am | |
|  BODYPUMP 9.00am | Hatha Yoga 9.15am | Cycle 9.15am | Bike & Thighs 9.15am | HIIT 9.15am |  BODYPUMP 9.00am |  BODYPUMP 9.00am |
| Cycle 10.30am |  BODYPUMP 10.30am | HIIT 10.30am |  BODYPUMP 10.15am | Cycle 10.30am | Pilates 10:30am | Cycle 10.15am |
| Pilates 11.30am | Stability /Strength 11.45am | Vinyasa Yoga 11.30am | Pilates 11.30am | Pilates 11.30am | | |
| | | | Over 50's Gym Floor Support 11:30am | | | |
| PM | TEEN HIIT 14-18 Years 4.30pm | | TEEN HIIT 14-18 Years 4.30pm | | | |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| HIIT 5.30pm | HIIT 5.30pm | Pilates 5.00pm | HIIT 5.30pm | | Hatha Yoga 3.00pm | Yin Yoga 3.00pm |
| HIIT 6.30pm | Cycle 6.30pm | HIIT 6.30pm | Cycle 6.30pm | | | |
| Vinyasa Yoga 7.30pm | Pilates 7.30pm | Zumba 7.30pm | Flow Yoga 7.30pm | | | |

AQUA

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------------------------|------------------------|------------------------|------------------------|------------------------|-----|-----|
| Aqua Deep 7.45am | Aqua Deep 7.45am | Aqua Deep 7.45am | Aqua Deep 7.45am | Aqua Deep 7.45am | | |
| Aqua Shallow 9.30am | Aqua Shallow 9.30am | Aqua Shallow 9.30am | Aqua Shallow 9.30am | Aqua Shallow 9.30am | | |
| Aqua Shallow 1pm | Aqua Shallow 1pm | Aqua Shallow 1pm | Aqua Shallow 1pm | | | |

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|--|---|
|  | <p>BODYPUMP is a barbell class that shapes, tones and strengthens your entire body. This 60-minute workout uses light to moderate weights with lots of repetitions and challenges all major muscle groups through exercises such as squats, presses, lifts and curls.</p> |
| <p>Cycle (45mins)</p> | <p>A 45 minute freestyle cycle class designed to improve your aerobic endurance, burn calories and tone your body. Our high intensity cycle classes will see you riding longer, resting less and racing your way to health and fitness.</p> |
| <p>Pilates (60mins)</p> | <p>Pilates is a low impact class focusing on postural alignment, coordination, strength and flexibility. It is highly beneficial for both injury prevention and injury rehabilitation. Our classes involve a unique combination of breathing, mental concentration, activation and strengthening; predominantly targeting the abdominals, pelvis, back, shoulders and buttocks.</p> |
| <p>Yoga (60mins)</p> | <p>Yoga is a healing system of theory and practice that involves a combination of breathing exercises and postural movements to harmonise the body and mind. The practice of yoga can help enhance flexibility, strength and balance of both physical and mental systems. Classes are tailored to all levels of experience</p> |
| <p>HIIT (45mins)</p> | <p>High-Intensity Interval Training is a high energy workout aimed at burning fat and torching calories in a short period of time. HIIT involves workouts that alternate between intense bursts of exercise and either low intensity activities or rest. This class involves a range of functional movements that are suitable for beginners through to advanced levels.</p> |
| <p>Bikes & Thighs (30mins)</p> | <p>Challenge your stamina with this short, nevertheless intense class that combines bodyweight exercises with high intensity intervals on a stationary bike to give your body a powerful workout in under 30 minutes.</p> |
| <p>Stability/Strength (50mins)</p> | <p>For our active over 50's, this class is designed to build stability and strength using both a diverse range of equipment and your own bodyweight.</p> |
| <p>Zumba (60mins)</p> | <p>An aerobic fitness program featuring movements inspired by various styles of Latin American dance performed primarily to Latin American dance music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo.</p> |
| <p>Aqua Deep (45mins)</p> | <p>Aqua deep uses water resistance to enhance all aspects of health and fitness including strength, flexibility and cardiovascular health. Prepare to be challenged with fun and engaging low-impact exercises that target muscle conditioning, balance, posture, agility and core. There is no complicated choreography; just motivation, good music and good fun.</p> |
| <p>Aqua Shallow (45mins)</p> | <p>Aqua shallow will help you burn calories and tone muscle through the water's resistance. This class is choreographed at a more comfortable pace for the young at heart, rehabilitation, pre and post pregnancy and is suitable for all levels. Aqua noodles and underwater weights are used to increase intensity.</p> |
| <p>Teen HIIT (45 mins)</p> | <p>High-Intensity Interval Training tailored for youth it is a high-energy workout aimed at increasing overall fitness in a short period. HIIT involves workouts that alternate between intense bursts of exercise and either low intensity activities or rest. This class involves a range of functional movements that are suitable for beginners through to advanced levels.</p> |

Locations may change due to wet weather and/or other bookings, programs and events at the centre.

Always advise the instructor if you are new or have any health issues or conditions.

No Group Fitness Classes on Public Holidays.

Due to current NSW Government restrictions all classes are limited to a **maximum of 20 participants**. Pre bookings are required for all fitness classes and can be made online through the Northern Beaches Council website under

Manly Andrew 'Boy' Charlton Group Fitness.

Class bookings are limited to a maximum of 3 days in advance.

Scan the QR code to book your class.

