

Bay of Isles Leisure Centre

Group Fitness Schedule

Effective from 26 September, 2023

Patrons are required to clean their own equipment

Gym and Studio Rooms

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	POWER SPIN	MENS METAPOWER	SPIN	LES MILLS BODYPUMP	SPIN		
7:15am						LES MILLS BODYPUMP	
8:00am							
8:15am						LES MILLS BODYBALANCE	
9:15am	THUMP	LES MILLS BODYPUMP	STEP & TONE	ABT	SPIN		
9:15am	SPIN					LES MILLS BODYATTACK	
9:30am					NINJATOTS 18mth - 4yrs		
10:30am		METAPWR	STUDIO PILATES	LES MILLS BODYBALANCE	METAFIT	NINJATOTS 18mth - 4yrs	
11:15am	CARDIO BEATS	LES MILLS BODYBALANCE				METACUB 5-12YRS	
11:45am			CARDIO BEATS				
12:00pm		SPIN		SPIN			
3:30pm	TEEN GYM 1.5HRS	METACUB 5-12YRS	TEEN GYM 1.5HRS	METACUB 5-12YRS			
4:30pm		METAFIT	THUMP	METAFIT			
5:30pm	LES MILLS BODYPUMP	SPIN	LES MILLS BODYATTACK	BEGINNERS SPIN			
5:30pm		PILATES		STUDIO PILATES			

Class Duration



Aquatic Area

	MON	TUES	WED	THURS	FRI
6:00am					
9:15am	AQUA FIT				
5:00pm					
6:15pm			AQUA FIT		

Opening Hours:

Monday to Thursday
5:50am to 8pm

Friday
5:50am to 6:30pm

Saturday
7am to 4pm

Sunday/Public Holidays
9am to 4pm

NO LEEWAY FOR LATENESS

CLASS	DESCRIPTION
LesMills BodyAttack	A high-energy fitness class with moves that cater for total beginners to total addicts. Combining athletic movements like running, jumping and lunges with strength exercises such as push-ups and squats. An instructor will pump out energising tunes and lead you through the workout – challenging your limits in a good way and leaving you with a sense of achievement.
LesMills BodyPump	Is the original barbell class that strengthens and tones the body. This workout challenges all major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Pumping music, awesome Instructors and the fastest way to lose body fat and shape up.
LesMills BodyBalance	Yoga, Tai Chi and Pilate's workout building flexibility, improving posture, joint mobility and range of movement to ensure fewer injuries. Controlled breathing, moves and poses to music creating so much more than a simple workout, it's your personal 'time out' from the stress of daily living.
MetaPower	MetaPwr is a unique metabolic resistance workout, providing resistance training to build muscle, burn fat and improve fitness.
MetaFit	Metafit is a high intensity workout including a series of body weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.
MetaCub/Ninja Tots	MetaCub is the amazing, fun new HIIT workout for kids (5-12yrs) that helps develop strength, co-ordination and confidence. An example on how to teach the foundations of a healthy lifestyle and great exercise habits. Ninja tots isn't just a gymnastics class for toddlers (18mth - 4yrs) it's more than that. It teaches tots to balance , tumble and coordinate through mazes and obstacles whilst using interactive activities that keep them engaged and connected while moving and grooving to the sound of the beat.
Pilates	Pilates is based on the principal teachings of "Joseph Pilates", the creator and founder of Pilates. His philosophy of continually improving physical and mental health through movement is the foundation of this class and the benefits have no boundaries.
Studio Pilates	Studio Pilates uses traditional Pilate moves, Pilate circles and bands to increase resistance in the workout which gets you that incredible body toning results.
PowerSpin	Is a challenging 50 minute class that combines the cardio from a Spin class and weight workout from a Pump Class. Push your body to its limits.
Spin	A dynamic indoor cycling workout which takes you through an energy charged cardiovascular fitness, muscle strength and endurance. Classes include a variety of sprints and hill climbs with motivating music. If it is a calorie burn you seek, then this is the class for you.
Step & Tone	For all the people who love a good old fashion cardio program using a step, finishing off with an all over weights and toning session.
Thump	A power packed class focussing on boxing training techniques incorporating cardio with muscle conditioning. This class provides a challenging workout for all around fitness.
Teen Gym	An activity for the independent teenager between 12 - 15 years wanting to live a healthy and active lifestyle. Under the guidance of a qualified instructor between the advertised hours. No bookings required.
ABT	Abs, Butt and Thighs. This class takes the principles of toning to a new level. Shape your body in areas that need some persuasive help with light weights and body weight techniques. This class is tailored for all levels of fitness and ability.
AquaFit	A low impact class in the water, helping support the body and provide resistance to increase your strength and improve your health. Classes are perfect for people wanting to increase fitness without too much impact on the body
Cardio Beats	Where 80's Disco Music meets Jane Fonda you get Cardio Beats. Good old low impact aerobics moves collide with dance. Get your heart rate up, moving to the beat at your own pace, toning and laughing just a real feel good class.

CLASS ETIQUETTE

- Register at reception prior to each fitness class
- Participants must be 12 years of age and over
- Bring a towel and water bottle
- Loose comfortable clothing – No jeans
- Spin associated classes are limited, please book to avoid disappointment
- New participants are required to attend the class at least 10 minutes prior to the start of the class
- Check with your Doctor before starting any fitness classes
- Tell your Instructor if you are pregnant, have any injuries or medical conditions before the class
- Timetables are subject to change and positions in classes cannot be guaranteed