

YMCA WIRAC Group Fitness Timetable

BOOKINGS FOR EACH CLASS IS ESSENTIAL

Bookings via portal only: ymcafitness.com/member-portal

Commencing January 8th 2024



GROUP FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am HIIT 30 mins	5:45am CORE 30 mins	5:45am BOXING 45 mins	5:45am PUMP 45 mins	5:45am PWR 30 mins	7am BOOTCAMP 45 mins
		5:45am PILATES CIRCUIT 45 mins			8am YOGA 45 mins-1h
	6:30am YOGA 45 mins				
9:30am DANCE 45 mins	9:30am BARRE ATTACK 45 mins	9:30am YOGA 45 mins		9:30am DANCE 45 mins	
10:30am PRYME MOVERS 45 mins	10:30am PILATES 45mins		10:30am TAI CHI 45 mins	10:30am PILATES 45 mins	
4:30pm PILATES CIRCUIT 45 mins	4:30pm HIIT STEP 30 mins	4:30pm CORE 30 mins	4:30pm HIIT STEP 30 mins		
4:30pm A.B.T 45 mins			4:30pm PILATES CIRCUIT 45 mins		
5:30pm YOGA 45 mins	5:30pm PUMP 45 mins	5:30pm TRAINER'S CHOICE 30- 45 mins	5:30pm PILATES 45 mins		
	5:30pm SPIN 45 mins		5:30pm SPIN 45 mins	5:30pm YIN YOGA 45 mins	

HYDROTHERAPY POOL AQUA AEROBICS

MONDAY	WEDNESDAY	FRIDAY
8:00am AQUA GENTLE 45 mins	8:00am AQUA GENTLE 45 mins	8:00am AQUA GENTLE 45 mins

25M POOL AQUA AEROBICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am AQUA HIIT H2O 45 mins	9am AQUA CORE 45 mins	9am AQUA STRONG 45 mins	9am AQUA HIIT H2O 45 mins	9am AQUA STRONG 45 mins
5:30pm AQUA CARDIO 45 mins	5:30pm BOGA FIT 45 mins	5:30pm AQUA HIIT H2O 45mins		

YMCA WIRAC

Group Fitness Class Description

BOOKINGS FOR EACH CLASS IS ESSENTIAL

Bookings via portal only: ymcafitness.com/member-portal

Commencing January 8th, 2024



GROUP FITNESS:

CORE: Class with a primary focus on strengthening your core while incorporating exercises for your lower back, hips, and glutes.

HIIT: Fast paced 30 minute body-weight class to get your heart rate up

PRYME MOVERS: A mix of Pilates and Yoga moves for seniors

PILATES CIRCUIT: A circuit based Pilates class which includes reformer machines

HIIT STEP: Aerobics exercise performed on an elevated platform with upper body movement

BOOTCAMP: high-intensity, multifaceted workout that typically combines cardiovascular activities, strength training, and agility drills. These exercises are often structured in a circuit format, emphasizing both aerobic and anaerobic conditioning.

PWR: Circuit style class designed to help develop strength and bone density through the use of selected equipment

BOXING: Cardio workout focusing on body toning and fitness using boxing drills, body-weight and abdominal movement

TAI CHI: Involves slow and flowing movements, deep breathing, and a focus on cultivating a calm and centered mind. It emphasizes the mind-body connection, with deliberate and graceful movements, synchronized breathing, and a focus on balance and stability. It promotes stress reduction, improved mental well-being, and can be adapted to various fitness levels.

CIRCUIT: A circuit group class is a type of exercise session in which participants move through a series of different exercises or stations arranged in a circuit format. Typically, each station focuses on a specific type of exercise, such as cardio, strength training, or flexibility exercises. Participants rotate through these stations in a timed sequence or as directed by an instructor

SPIN: This indoor cycling class is a moderate to high intensity workout with interval-based training, taking you through sprints, hills and mountains to help improve cardiovascular and muscular endurance.

TRAINER'S CHOICE: This class comprises intense exercise sessions tailored to the specific goals or activities desired by the trainer on any given day

PUMP: Barbell workout to music with lots of move repetitions to help you get toned and fit

YOGA: Relax and unwind with a class of mindfulness and gentle stretching. A fusion of different yoga styles to centre your mind and body.

DANCE: A 45 minute class all about dancing through the decades. This class is designed to keep you moving, smiling and mobile.

PILATES: A low intensity class that aims to strengthen the core muscles as well as improving physical coordination and balance.

BARRE ATTACK: a dynamic group fitness class that combines elements of ballet, Pilates, and strength training, utilizing a ballet barre for a full-body workout aimed at improving flexibility, core strength, and overall muscle tone
YIN-YOGA: Follow a series of long held, passive floor poses to work deeply into the body (focusing on hips, pelvis, inner thighs and lower spine) and connective tissues. Yin helps to stimulate deeper tissue like fascia, causing energetic benefits throughout the body and helping to improve tissue elasticity along with joint mobility

AQUA AEROBICS/IN THE POOL CLASSES:

AQUA HIIT H20: A fast-paced class to keep your heart rate high and body moving, this class will keep you focused on puffing.

AQUA CORE: A 45 minute class based on building all your main core muscles such as lower back, abdominal, hips and legs. This class is fantastic to help build overall strength.

AQUA STRONG: A class focused on using a variety of equipment to help you build overall strength with low impact.

AQUA CARDIO: This class is all about getting that heart rate up and building that overall fitness through a variety of styles. If you're here to get fit, this is the class for you.

AQUA GENTLE: A 45 minute class, focused on regaining and improving fitness and preventing injuries through the use of gentle and specifically structured exercises

BOGA FIT: This exercise routine incorporates a mix of cardio, strength training, Pilates, and yoga-inspired movements, with a use of BOGA Mats which rest on the water surface, enabling a comprehensive full-body workout on an unsteady foundation