

Group Fitness Timetable Joondalup

 = Staff Wellness Program



All classes are run in the Group Fitness room and run for 60 minutes unless otherwise stated. *Update 1/10/2020*

Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
6:10am	😊 CX45 <i>Circuit Studio</i>		😊 CX45	😊 CX45 <i>Circuit Studio</i>		😊 BODYPUMP 8:20am Jackie / Kim		
9:25am Creche available	😊 CX60	😊 BODYPUMP Ali	😊 RPM (30 or 60min) RPM Studio - John	😊 BODYPUMP Ali	😊 Come & Go Super Circuit <i>Circuit Studio</i>	😊 Power Hour Ian	😊 RPM (30 or 60min) RPM Studio - John	😊 Yoga Sandy
10:40am Creche available	😊 Dru Yoga Lynn <i>(no class 28th Sept)</i>	😊 Pilates Ali	😊 Yoga Annabelle	😊 Pilates Ali	😊 Pilates Susanna	😊 Yoga* Annabelle <i>*Does not run on public holiday long weekends</i>		
12:15pm	😊 Pilates Ilsa	😊 Yoga (45min) Annabelle						
Book using the 'ECU Gym' App details over page								
5:15pm	😊 Come & Go Super Circuit <i>Circuit Studio</i> Susanna		😊 Pilates (45min) Susanna					
5:30pm	😊 BODYPUMP Jackie	😊 RPM (30 or 60min) RPM Studio - John		😊 RPM (30 or 60min) RPM Studio -	😊 Yoga Annabelle			
6:40pm	😊 Pilates Susanna		Zumba 6.30pm \$10 per class					

PARTICIPATION CONDITIONS: Please collect your class token from reception. Arrive 10 minutes before the start to set up and to speak to the instructor and advise of any medical conditions, injuries, asthma or pregnancy. There is a maximum number of places in all classes. Tokens are given out on a first come, first serve basis. **No Entry will be allowed once the class has started for your own safety and the respect of other participants.**

Turn over for opening times and class descriptions

BodyPump®

LES MILLS
BODYPUMP

BodyPump® is guaranteed to change the shape of your body. This class uses barbells and your own body weight to strengthen, condition and tone your muscles and increase your metabolism like never before. It's a class that's low on impact but high on fun.

Come & Go Super Circuits

Super Circuits are the total body workout that will turn your body into a fat burning furnace! With a fun, but motivating focus, this class is a must-try workout for those members who want to increase their stamina, strength and cardiovascular fitness in the shortest possible time. Let our instructor take you on a different exercise journey each week using a variety of floor exercises, weight machines, free weights and our new Synrgy 360! Participants can vary the intensity to match their fitness level so this class is suitable for all levels. Super Circuits will leave you breathless and wanting more and with our "Come and Go" flexibility, you can join and leave this class whenever you like – no more excuses now if you are running

CX60 / CX45

Cx60 stands for Circuit Cross 45 or 60. This class combines numerous styles of fitness training, like cardio, boxing, modified combat drills, step, weights, fitball, and resistance in a circuit-based format. Each class is always different, guaranteeing variety, fun and suspense. Suitable for all fitness levels. This class can be conducted indoors or outdoors within the ECU campus.

Pilates

Pilates is a unique exercise system, focusing on strengthening your core while you stretch and strengthen the entire body. Its benefits include a better posture, more core strength and therefore improved sport performance. It is a mindful exercise system that calms the mind. This class is suitable for all fitness levels.



Power Hour

Power Hour uses a wide range of equipment and combines a variety of training modalities for a challenging all over body workout with the emphasis on functional fitness. Suitable for all fitness levels, Power Hour improves balance and agility, developing core stability as well as muscle strength and endurance, reducing your risk of injury and improving your quality of life.

RPM™

LES MILLS
RPM

RPM™ is an indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. Like all the LES MILLS™ programs, a new RPM™ class is released every three months with new music and choreography. **All classes are either 30min or 60min, You choose when you go.**

Yoga

Hatha Yoga is a body mind discipline emphasising the enhancement of physical and mental well being through posture work, breath practices and meditation. Iyengar and Astanga are styles within this path. Classes may vary in intensity from relatively gentle to strong and dynamic. Develop strength, flexibility, improved circulation and tone through the entire body. Benefits include increased joint mobility, range of motion, as well as decreased anxiety and stress.

Vinyasa Yoga has the same benefits of Hatha. Vinyasa is a more flowing yoga, synchronising breath with movement.

Dru Yoga Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit to rejuvenate your whole being. It improves strength, flexibility, increases core stability, builds a heightened feeling of positivity, and brings deep states of relaxation. Designed to be practised by people of all abilities, all fitness levels and all age groups, Dru is a style of yoga that can be quickly dipped into or learnt in more depth over a lifetime.

Member Access Times

Joondalup & Mt Lawley

Mon – Thurs 6am – 9pm

Friday 6am – 8pm

Saturday 8am – 3pm

Sunday 8am – 2pm

ECU
Gym

Public Holidays

For hours visit

www.ecu.edu.au/sport/

[opening_times](#)

As a member to book in for an ECU Sports group fitness class, go to your App store and search for 'ECU Gym', then set up your account using the same email address you have registered with ECU Sports.

Need help? email

ecusports@ecu.edu.au

