## Group Fitness Timetable Joondalup From 31st January 2019

All classes run for 60 minutes unless otherwise stated

<table>
<thead>
<tr>
<th>Start</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>Come &amp; Go Super Circuit S3 John</td>
<td>Cardio Box (45min) Drew</td>
<td>Come &amp; Go Super Circuit S3 John</td>
<td>Come &amp; Go Super Circuit S3 John</td>
<td>Come &amp; Go Super Circuit S3 Drew</td>
<td>BODYPUMP 8:25am Ali</td>
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<tr>
<td>9:25am</td>
<td>CX60 Claire R</td>
<td>getBodyPump</td>
<td>BODYCOMBAT Jackie</td>
<td>BODYPUMP Ali</td>
<td>Come &amp; Go Super Circuit S3 John</td>
<td>Power Hour Ian</td>
<td>Super Circuit 8.30am</td>
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<tr>
<td>10:35am</td>
<td>Yin Yoga Michelle</td>
<td>Pilates Ali</td>
<td>Yoga Jo</td>
<td>Pilates Ali</td>
<td>Pilates Susanna</td>
<td>Yoga* 10:35am Sandy</td>
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<tr>
<td>12:15pm</td>
<td>HIIT (45min) Claire R</td>
<td>Yoga (45min) Annabell</td>
<td>Come &amp; Go Super Circuit (45min) S3 John</td>
<td>Yoga (45min) Annabell</td>
<td>Come &amp; Go Super Circuit (45min) S3 Clare R</td>
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<tr>
<td>4:20pm</td>
<td>Yin Yang Yoga Cherri</td>
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<tr>
<td>5:15pm</td>
<td>Come &amp; Go Super Circuit S3 John</td>
<td>Pilates (45min) Susanna</td>
<td>Come &amp; Go Super Circuit S3 Susanna</td>
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<tr>
<td>5:30pm</td>
<td>BODYPUMP Sharon</td>
<td>RPM (30 or 60min) S4 John</td>
<td>RPM (30 or 60min) S4 John</td>
<td>BODYPUMP Carol</td>
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<tr>
<td>6:30pm</td>
<td>Pilates 6:40pm Susanna</td>
<td>Crunch &amp; Punch (45min) S2 John</td>
<td>Yoga 6:40pm Haley</td>
<td>BODYPUMP 6:20pm Kim</td>
<td>Yoga (experienced) Sandy</td>
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</tbody>
</table>

### 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.**

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S2 (Studio 2) = Mezzanine Studio  
S3 (Studio 3) = Circuit Studio  
S4 (Studio 4) = RPM Studio  
 символ = Crèche Open  

Turn over for opening times and class descriptions
BodyCombat®

BodyCombat® is a class inspired by martial arts and combines disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Set to motivational music tracks and the program includes striking, punching and kicking moves to bring you an awesome cardio workout.

**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.

**Cardio Box**

Cardio Box is an invigorating workout utilizing boxing techniques for a moderate to high intensity cardio workout. Cardio box increases stamina, motivation, speed and coordination, providing an excellent workout for all fitness levels!

**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 Synergy 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 late!

**Crunch & Punch**

Crunch & Punch is 45 minutes of pure ab-burning and boxing fitness! If you’ve ever wanted to target your midsection, this class will do it. You’ll experience a range of different exercises, designed to tone, strengthen and improve your stomach muscles. With the added bonus of a dedicated boxing session, focusing on technique to increase your stamina, motivation giving you the cardio workout to support building your core strength.

**CX60**

Cx60 stands for Circuit Cross 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 over 60 minutes. 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.

**HIIT**

HIIT is a High Intensity Interval class focusing on functional movements and conditioning aspects. Exercises will alternate between intense bursts of activity and fixed periods of less-intense activity or even complete rest. HIIT is aimed at individuals that like to be pushed, throw things about, enjoy running around whilst having a heap of fun! In HIIT we will be incorporating kettle bells, flipping tyres, dumbbells, medicine balls, battle ropes just to name a few.

**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.

**PowerBox**

PowerBox combines elements from our Power Hour class as well as boxing techniques to provide an invigorating moderate to high intensity cardio and strength workout. PowerBox will increase stamina, motivation, speed and coordination, core strength, balance, and endurance, providing an excellent workout for all fitness levels. Each class is always different, ensuring variety, fun and suspense.

**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.

Yin Yoga is a slow-paced style of yoga with poses held for longer periods of time. Some of its benefits are improved flexibility, fascial release and greater joint mobility.

Yin Yang Yoga same as class on Monday afternoon, which is a combination of the yin with a slow Vinyasa flow.

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**Opening Times**

**Joondalup Gym**

Mon – Thurs 5.45am – 9pm  
Friday 5.45am – 8pm  
Saturday 8am – 3pm  
Sunday 8am – 2pm  

**Mt Lawley Gym**

Mon – Thurs 5.45am – 9.30pm  
Friday 5.45am – 8pm  
Saturday 8am – 3pm  
Sunday 8am – 2pm  

**Public Holidays**

For hours visit  
www.ecu.edu.au/sport/opening_times  

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**Foam Roller Workshops. See reception for details.**