<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 and Go Super Circuit S3 John</td>
<td>Cardio Box (45min) Claire G</td>
<td>Come and Go Super Circuit S3 John</td>
<td>Fitball (45min) Carol</td>
<td>Come and Go Super Circuit S3 Susanna</td>
<td>BODYPUMP 8:25am Ali</td>
<td></td>
</tr>
<tr>
<td>9:25am</td>
<td>CX60 Claire R RPM (30 or 60min) S4 John</td>
<td>RPM (30 or 60min) S2 Claire R</td>
<td>Power Hour (30 or 60min) S2 Claire R</td>
<td>RPM (30 or 60min) S4 John</td>
<td>RPM (30 or 60min) S4 John</td>
<td>Power Hour (30 or 60min) S4 John</td>
<td>SUPER CIRCUIT Yoga 9:30am Sandy RPM (30 or 60min) S4 John</td>
</tr>
<tr>
<td>10:45am</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 and Go Super Circuit (45min) S3 John</td>
<td>Yoga (45min) Annabell</td>
<td>Come and Go Super Circuit (45min) S3 Claire R</td>
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<td></td>
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<tr>
<td>4:20pm</td>
<td>Yoga Michelle</td>
<td></td>
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<tr>
<td>5:15pm</td>
<td>Come and Go Super Circuit S3 Claire G</td>
<td>Pilates (45min) Susanna</td>
<td>Come and Go Super Circuit S3 Claire G</td>
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<tr>
<td>5:30pm</td>
<td>BODYPUMP Sharon RPM (30 or 60min) S4 John</td>
<td>RPM (30 or 60min) S4 John</td>
<td>RPM (30 or 60min) S4 John</td>
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<tr>
<td>6:30pm</td>
<td>Pilates 6:40pm Susanna</td>
<td>Crunch Time (30-45min) S2 John</td>
<td>Yoga 6:40pm Michelle</td>
<td>BODYPUMP 6:20pm Kim</td>
<td>Yoga (experienced) Sandy</td>
<td>RPM (30 or 60min) S4 John</td>
<td></td>
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</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.**

**Turn over for opening times and class descriptions**
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.

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

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!

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.

Fitball

Fitball works on your core stabilizers while strengthening other muscles utilizing a fitball. Great for postural improvements, maintaining a correct spinal curve, balance and reducing back pain. Dumbbells can be added into your workout to tone every muscle in your body. Great for all ages and all levels of fitness. Those that would like to improve their fitness, a Cardio Component has been added. Come along and get the best of Core Stability, Weights and Cardio.

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.

Crunch Time

Crunch time is 30 minutes of pure ab-burning 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.

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!

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.

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.

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.

Opening Times

<table>
<thead>
<tr>
<th>Gym</th>
<th>Mon – Thurs</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Joondalup Gym</td>
<td>5.45am – 9pm</td>
<td>5.45am</td>
<td>8am – 3pm</td>
<td>8am – 2pm</td>
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<tr>
<td>Mt Lawley Gym</td>
<td>5.45am – 9.30pm</td>
<td>5.45am</td>
<td>8am – 3pm</td>
<td>8am – 2pm</td>
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Public Holidays

For hours visit

www.ecu.edu.au/sport/opening_times

6 week courses

Pilates for Beginners & Yoga for Beginners.

Monthly Roller Workshops

See reception for details